

INTERNATIONAL

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AUTUMN QUARTERLY

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WHERE TO
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SPECIAL
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Health & Efficiency

INTERNATIONAL NATURIST AUTUMN QUARTERLY

CONTENTS

Page

SUCK IT AND SEE (HOW TO GIVE UP SMOKING)
by Michael Walsh 2

GET YOUR GEAR OFF AT RIVER VALLEY 6

MEN! GO IT ALONE!
By Marjorie L Audren 10

IS THERE SEX AFTER AIDS?
By Vanessa Goodman 16

THERE'S NO SUCH THING AS A FREE LUNCH (OR TIMESHARE)
by Edward Williams 20

WHY THE FIZZ NEVER GOES FLAT. (PLUS HOW TO WIN A BOTTLE OF CHAMPERS!)
By Stephen P Daly 24

WHY NATURISTS HANG AROUND LONGER
By Martin Colman 28

SPECIAL PULL-OUT SUPPLEMENT:
THE H & E GUIDE TO MOTORING 33

FANCY THAT PAIR OF LEGS 11? 8 WEEK LEG SHAPER PLAN FOR WOMEN
By Stephen P Daly 44

CLUB DIRECTORY 48

FORGET THE FAGS, BOOZE AND MEAT. GET OFF ON THE PURE CLEAN AIR – SERIOUSLY!
By Erwin Geyer 50

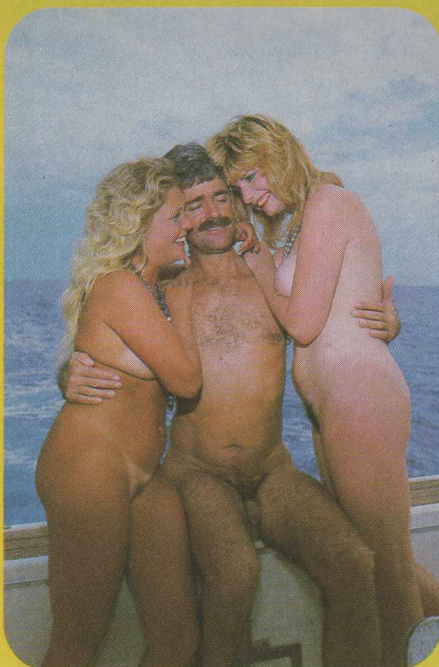
FIND SOMETHING TASTY TO STIR IN YOUR CALDRON!
By James Lewis 52

MEN! PUMP UP YOUR IMAGE! IN 12 WEEKS! 56

CHICKEN, CHIPS AND CANDY FLOSS IN CORFU
By Edward Williams 60

WHICH TURN-ON?
By Charles O'Dooley 64

SHUFFLE FOR THE FUTURE
By Stephen P Daly 70



GOING GREEK

I'm writing this at the last minute, as usual. In an hour's time, this will be on the train to the typesetters, and I'll be on another train to the airport. Yes, lucky me. I'm off to Crete for the weekend to visit a nudist beach in the south. And it's official!

And about time too. Many naturists have been waiting for years for Greece to get their act together. Not so many years ago there were official nudist hotels on one or two islands. Then, suddenly it all stopped. Holiday bookings had to be refunded, holidaymakers disappointed.

Then came news that they'd relaxed the laws again, and nudism was OK on some beaches (as long as they were fairly sheltered from public view and the locals weren't offended). Next there was talk about official nudism and the official Greek naturist organisation sprang into action. We were looking forward to officially nude Greek holidays.

Now we have it, but it's all taking so much time.

Still, things are looking good, and progress is continually being made in the right direction.

There again, you might say that you've been going to Greece for years and sunbathed nude without problems. Yes, you could – on *some* islands. But unless you plumped for the obvious ones (Mykonos or Ios, for example), you never quite knew where you could and where you shouldn't risk it.

It's not all plain bathing though. There are many Greeks who just don't want us there. And, after all it's *their* country. But it would be so much nicer if naturists could go there not just to sunbathe, but windsurf, sail, wander about etc. like in other countries – and it would do so much for their tourist trade.

Kate Sturdy, Editor

The 88th Year of Continuous Publication

Health and Efficiency was established in 1900 and has incorporated Sunbathing Review, Vim and Sonnenfans. The magazine is entirely free of any connection with, and is not influenced by national associations, clubs or other organisations.

We publish news, views and reflections on the nudist scene. We look beyond the clubs to the evolving world where social nudity on the beaches and in our homes is affecting our modes, mores and morals. All are grist to our mill.

We believe in the cause of social nakedness and as such consider it our duty to promote its acceptance universally. Our propaganda both by word and picture is designed for total honesty of expression but at all times within the bounds of propriety. This magazine is entirely independent. The views expressed in literary contributions are not necessarily

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SUCK IT AND SEE!

(or How To Pack In The Fags)



It is possible for the most desperate chain smoker to give up forever, and later in this article I will tell you how. The method is not difficult, requires minimal will power and it worked for me – a 70-a-day smoker for as long as any of my friends can remember. I smoked my first cigarette at the ripe old age of 4, was on 5-a-day by the age of 7, 10-a-day all through school, 40-a-day through university and hit 60-a-day on starting work. After a short period on 90-a-day, I came down to 70-a-day at which point my consumption plateaued.

Most people smoke between 20 and 40 cigarettes a day but there is a large group with a 40 to 50-a-day habit. Very heavy smokers start at 50-a-day and persons who smoke more than 70-a-day are a bit unusual – but they do exist. I have met a man who was on 140-a-day and I have heard of a woman who, in the USA during the 1960's, somehow smoked 210-a-day.

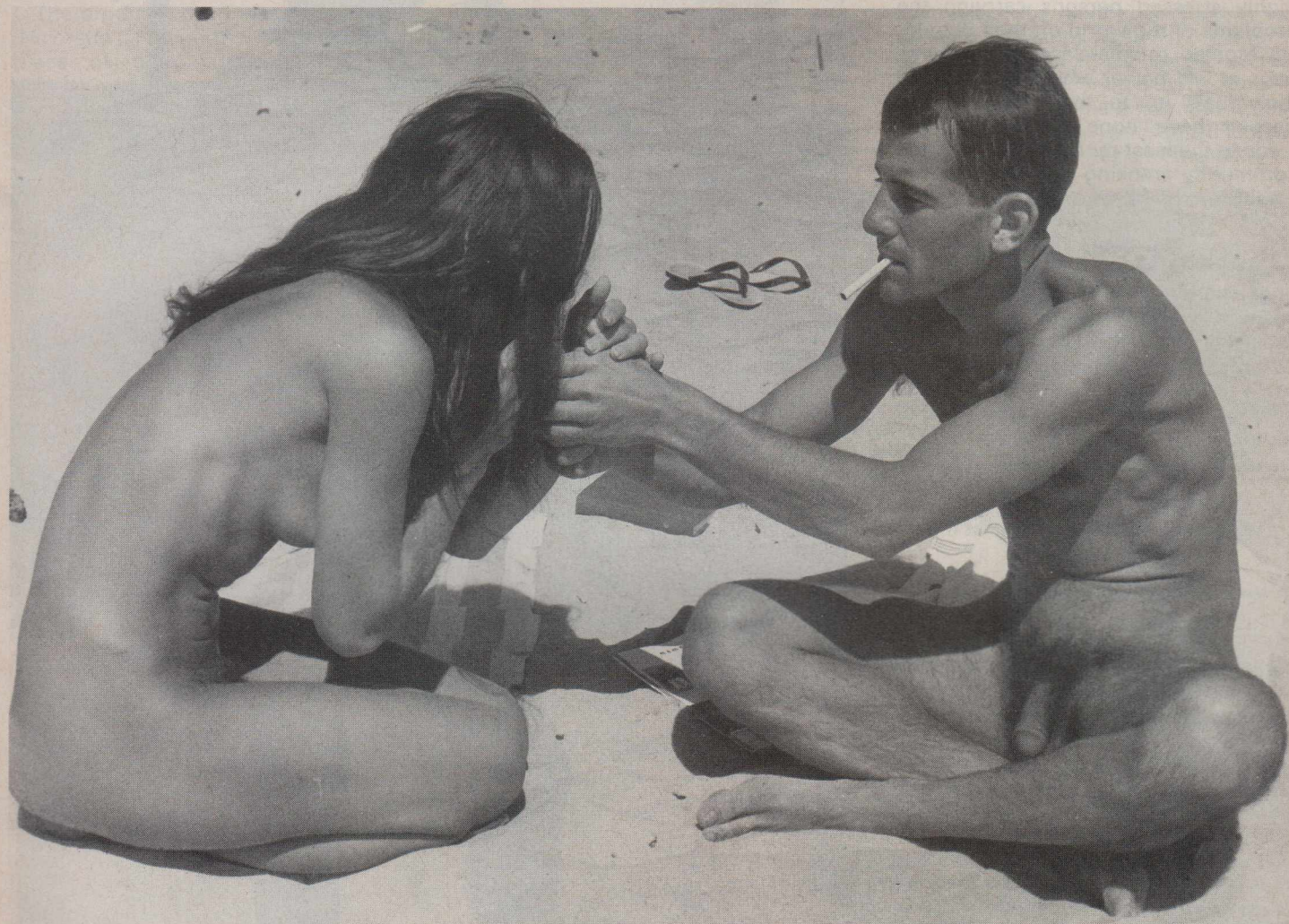
The important thing to know about smoking is that the active ingredient in cigarette smoke, nicotine, is one of the most addictive substances known to man. Just like heroin, the drug creates receptors in the brain which scream for more supplies when deprived. Once created, these nicotine receptors are there forever and the former smoker is just as seriously at risk of re-addiction if he takes up smoking again as is the heroin user who reverts to his habit.

'Nicotine is one of the most addictive substances known to man'

Though I used the conventional pronoun 'his' in the last paragraph, the same holds true for ladies. There was a time when ladies did not smoke as much as men, the use of tobacco having a butch, trouser-wearing, hairy-lipped image. The publicity companies working for cigarette makers during the 1920s and 1930s changed all that by using posters, films and TV advertisements showing very feminine, skirt-wearing, Marcel-waved young women elegantly holding...but seldom drawing on...a cigarette. By World War II we were all at it and only as recently as the 1950s did the dangers of smoking start to come controversially into the open.

The US TV adverts of the late 1930s are held by those who remember them to be, with hindsight, particularly re-

Michael Walsh used to smoke 70 a day. Now he's packed it in with the aid of a nicotine laced chewing gum. Few smokers work their way through as many fags as he did, but they may find that the same method works for them. It's worth a try, anyway.



vealing. Women shown smoking were invariably young, beautiful and where possible, talented celebrities. Aged, sagging, wrinkly nonentities might have hinted at the outcome of cigarette smoking which some observers now feel were known at the time to the manufacturers. But with a multi-million dollar industry to protect, not to say the jobs of their employees, what were they to do? Business as usual was the only credible policy though years later, every major tobacco company ploughed huge amounts of cash into medical research intended to overcome smoking-related diseases with special reference to cancer of the lungs.

When the risks were known, the cures for the nicotine addiction – generally called 'Smoking cures' – started to flood onto the market. Their efficacy was pitiful. The most successful had a hit rate of between 2% and 8% of the users – but not knowing about nicotine

receptors, most tried a few experimental puffs and overnight became hooked again.

'Middle class persons have bags of will power whilst unemployed individuals up to their shoulders in despair have none'

Perhaps the best 'Smoking Cure' until recently was a mouthwash containing 1% Silver Nitrate. Used as directed, this substance coats the lining of the mouth and makes cigarettes taste so truly revolting that the user cannot bear to persist with his habit. This did nothing at all to help out the nicotine receptors still screaming their tiny heads off for a fix and it took iron will, which most users did not have, to persist with the mouthwash.

There were other problems with the

mouthwash, one related to the well known fact that Silver Nitrate is the basis of photography. Persons who mishandled the mouthwash and swallowed it effectively developed themselves in the sun and turned black! There were similar niggling problems with every 'Smoking Cure', but the biggest has always been their failure to satiate those nicotine receptors in the addict's brain.

One 'Smoking Cure' required the addict to take puffs on a plastic cigarette filled with menthol crystals. Quite effective when used as directed, the problem was that smokers tended to chuck it away, thinking that they had finished with an ordinary cigarette. I have personally seen one man chuck one these devices into a canal. I heard of another case of a lady trying to light a genuine cigarette with the plastic one which had failed to satisfy her craving.

Most of the earlier 'Smoking Cures'

consisted of tablets which the patient was supposed to take to destroy his sense of taste. For a minority of users, this did effect at least a temporary cure of sorts, but the recidivism rate is believed to approach 100% for some products. Those nicotine receptors were still in the smoker's brain, waiting for their owner to be tempted. As soon as he was, back came the original smoking habit.

The only real answer was will power which is quite easy for certain personalities and virtually impossible for others. For instance, smokers are often highly stressed persons carrying the problems of the world on their shoulders. Monied, middle-class persons have bags of will power whilst unemployed individuals up to their shoulders in despair have none. Perversely, this leads to the least monied section of the community smoking heaviest and the wealthiest members of the public being non-smokers!

It has also been noted by some workers that persons with unpleasant, aggressive or violent personalities seem to have the willpower to be able to give up smoking without help; though there seem to have been too many exceptions noted for this to be anything more than a rough rule of thumb.

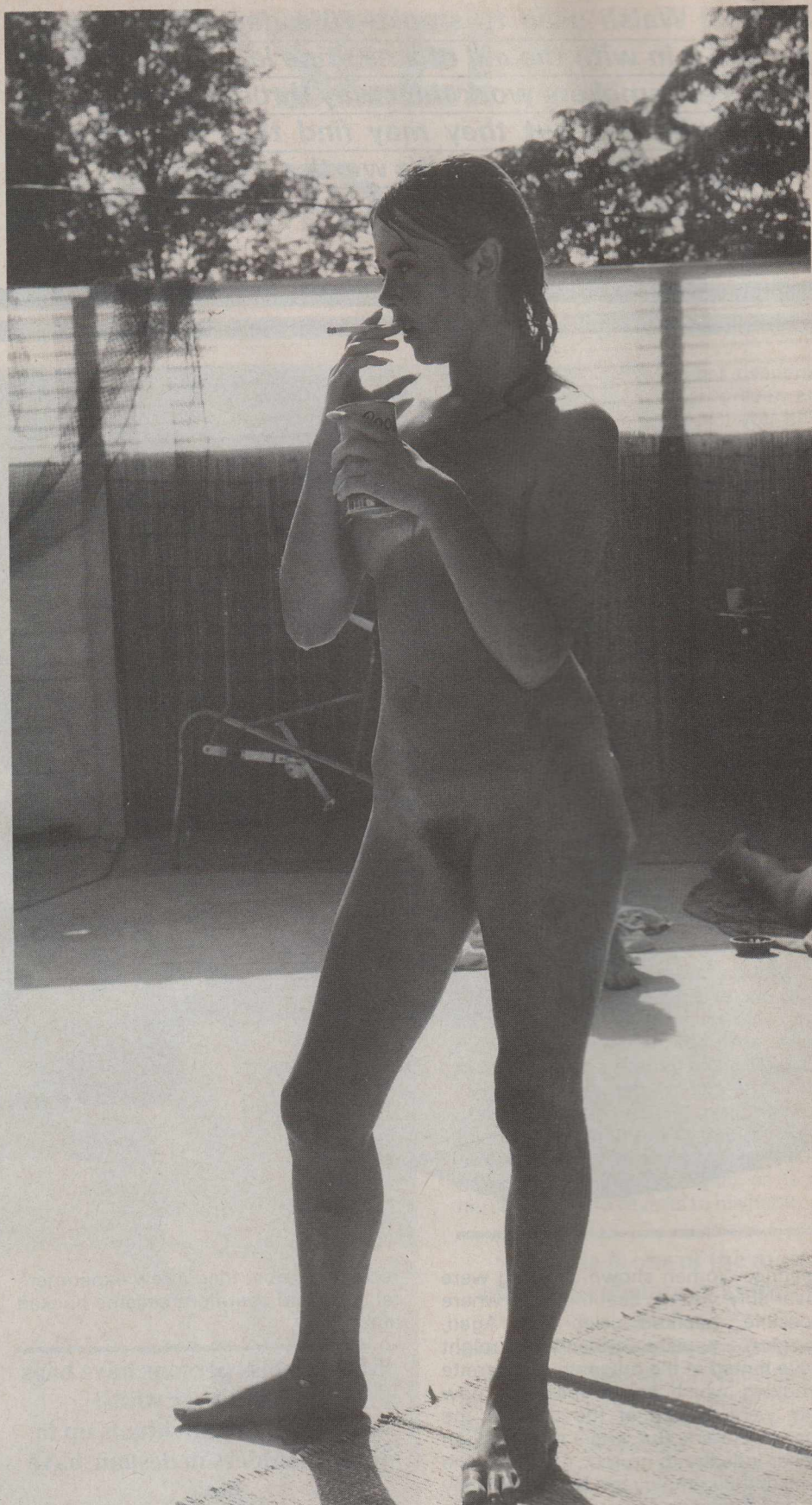
'Other methods of getting nicotine into the system are on the way'

The best genuine cure presently on the market is a dummy cigarette marketed as 'Favors' by the US manufacturers. The cigarette consists of a tube of paper-wrapped fibres, there being 7 to the packet, the fibres being impregnated with nicotine. The user draws on the cigarette, gets a useful belt of nicotine to calm the receptors in his brain, and all is well.

It is vitally important to understand that nicotine is a harmless substance causing no known damage to the user whatsoever.

The dangers in smoking derive from the carcinogenic materials associated with the nicotine in the tobacco plant. One such, Benzpyrene, raises tumours when painted onto laboratory animals but they will happily swim about in nicotine for years on end with no ill effect. 'Favors' therefore give the user the safe, harmless nicotine he needs without any risk to his health. There is just one problem – the Republican government of non-smoking President Reagan have effectively banned 'Favors'!

The US government derives a large part of its revenue from the sales of tobacco and 'Favors', not being tobacco, cannot be taxed. Rather than allow them to go on sale and lose all the revenue, and with it Reagan's much-vaunted tax cuts, the general sale of 'Favors' has been artificially proclaimed to be illegal – though under US Federal law they can be sold openly in Texas. And no-where else!



Not everyone's idea of a 'true' naturist – but we're not all perfect

Other methods of getting nicotine into the addict's system, unaccompanied by harmful tars, are on the way. The most effective is likely to be a nicotine nasal spray though others may do better with a nicotine sticking plaster which allows the drug to seep through the patient's skin. Using either, the need and the desire to smoke will simply vanish. However these methods are only just coming off the drawing board – what about the method which

worked for me?

My answer was to get nicotine...and only nicotine...into my system using drugged chewing gum. In the U.K. this product is not readily available, the purchase of the gum being hedged about with certain conditions imposed by Margaret Thatcher's Conservative government for reasons probably identical to those imposed in respect of 'Favors' by Ronald Reagan's Republican one. The drug is not available through

the UK National Health Service and can only be obtained after getting a private prescription from a medical doctor. Though the practise is, strictly speaking, illegal, some medical doctors charge patients a sum of money for these private prescriptions. This private prescription then has to be taken to a registered pharmacist's and the product paid for in cash. Pharmacists operate in a free market and can charge what they like for this product in the U.K. — the price can be as low as £5.99 and as high as £10.37 for packs containing 105 pieces of gum.

The product I used was marketed as 'Nicorette'. For normal smokers, each piece of gum contains 2.0 milligrammes of nicotine but given my very heavy habit, I was making only poor progress until I switched to the 4.0 mg. tablets which cost me £10.99 for 105

pieces. After two days I was off cigarettes and though I may still be chewing Nicorette 'til the day I die, my chances of dying from a smoking related disease decline each day. The majority of people who give up using this method find that they can do without the gum after a few weeks. So far, researchers at Stop Smoking clinics report that about half of their patients give up smoking completely following their first attempts with drugged chewing gum — the best known success rate for any 'Smoking Cure' on the market. All you have to do is to chew the gum as directed.

It has been amusing to watch those who know me, clearly waiting for me to light up, walk away shaking their heads at the end of the evening, clearly believing that the world has come to an end. Some readers may believe that their

interest in naturism and a heavy smoking habit are mutually exclusive. It does seem odd for a person whose commitment to personal liberty and well being is so profound that he goes naked whenever convention allows, to also perversely indulge in a habit well known to maim, choke and kill.

'After two days I was off cigarettes...'

However my intention is not to evangelise. If I have succeeded in explaining that smoking is simply a form of addiction, this article has succeeded. If the reader understands that a genuine cure is now available if he wants it, that is a bonus. And I will be pleased to hear from anyone who tries and succeeds!



One of the problems is finding something to do with your hands...

GET YOUR GEAR OFF AT RIVER VALLEY



A willing model at River Valley

For the benefit of those readers who aren't too sure of their geography of Australia, Victoria is the State at the lower right-hand corner of the Australian mainland. With the sea at its southern and eastern boundaries, it is bounded to the west by the South Australian Border, and the north by New South Wales.

To get to the northern parts of Victoria you must cross the Great Dividing Range which, in the east of the state encompasses our highest mountains, 'skiers country'. In central Victoria it comprises gently-rising hills that lead to the flat mallee country, and it is through this country that the mighty Murray River wends its way.

At Echuca, on the Murray, is an old port that was at its heyday during the gold era and the pioneering days when paddle-wheel steamers plied their trade; today it enjoys a thriving tourist industry. At several periods in the year there will be as many as two or three hundred nudists...

A fifteen minute car drive out of Echuca along a dirt road that runs between the Murray and the Goulburn Rivers sees the visitor just about in the centre of the Barmah Forest. This is a rather grey-looking, colourless place of numerous gum trees, their bark hanging leprously from trunks and branches.

It comes as something of a surprise, then, to turn off the road and drive into the well-wooded and well-watered lawn areas that give River Valley Family Naturalist Resort its own very special character.

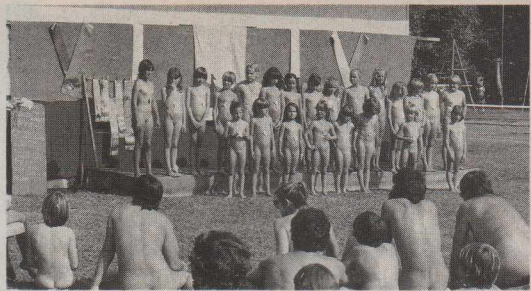
There are a number of nudist camps and clubs in Australia, but I've never seen one like the one that boasts the lush grass that extends over most of the camp grounds at River Valley.

'The camp will be alive with people for the first nudist event of the new season'

Guardian of the grasses and owner-manager is Keith Dohnt, host to many hundreds of nudist families over the years. His philosophy is to make anyone welcome, but to crash down like the Great Wall of China on anybody who abuses the privilege of using the place; it's thanks to Keith that I and a sprinkling of other 'singles' have been able to enjoy the delights of River Valley for ten years or more.

It is said that Echuca enjoys ten

Australia's River Valley is truly a family resort. Yet it's pretty relaxed. Everyone's welcome – just don't give 'em hassle. Photographer Derek Blew's been a member for years, and here he tells us what this place is really all about and why it's such a success.



Can't wait to strip off when getting there!



Graham builds up his muscles for a great service!



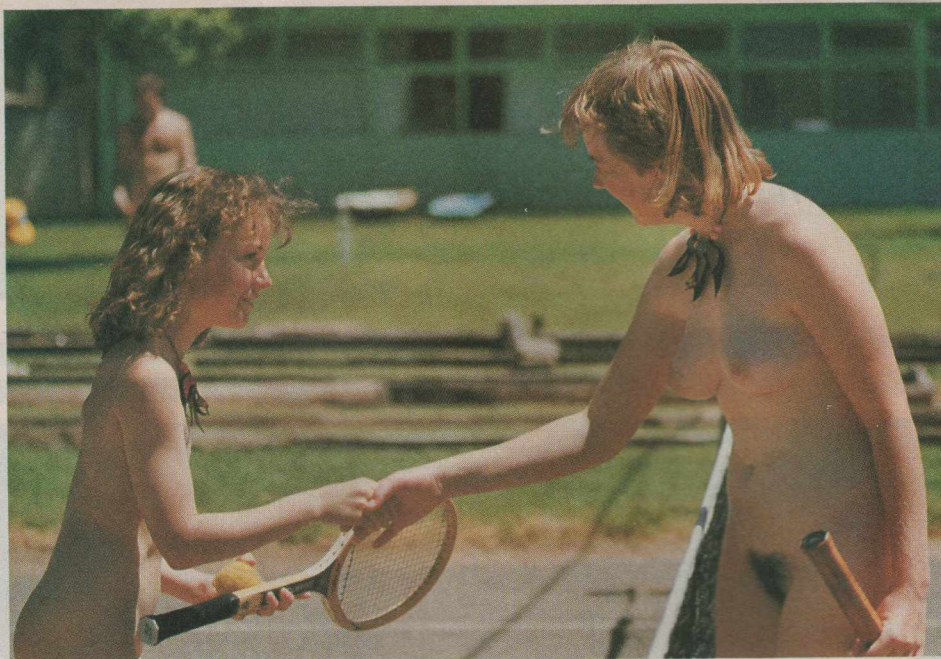
A few days at the Valley gives everyone an invigorated spirit

months of sunshine each year; certainly the weather at River Valley is invariably warmer and drier than it is in Melbourne, some 200km to the south. During the Christmas and New Year holiday period it can be as high as 40 degrees Celsius, and rarely lower than 30.

October is a wet month, during which time the Murray and the Goulburn can overflow their banks, bringing floodwater right up to the edge of the camping area, and twice in ten years it has only been possible to get into River Valley by boat or, as happened in 1986, thanks to Keith and his assistant manager, David, hiring a minibus and ferrying people from a point about ten km away, where they were able to leave their cars on a friendly farmer's land.

Such events weld newcomers to River Valley to the old hands, and many new friendships sprang up in the excitement of transferring one's essentials from the car to the bus trailer and during the fifteen minute ride to the campsite.

River Valley has a number of cabins, which a lot of people use for their first visit; having decided they like it, and most do, they then bring their own caravan and park it on one of the many powered sites. Washrooms and toilets



'And a return match next year'

are situated strategically, and there is a large recreation hall where, on a number of Saturday evenings at holiday times, a band will play and most people dress in their best for the dance.

The first Monday in November is 'Melbourne Cup Day', which gives Vic-

toria a public holiday and the rest of Australia a chance to stop whatever they are doing for ten minutes and listen to the biggest or most famous horse race of the year! It coincides with River Valley's birthday week-end, when the camp will be alive with people for the first nudist event of the new season, and the week-end is marked with a dance and a birthday cake and races for the children.

Easter marks the end of the nudist season for most people, as the weather becomes colder and wetter. In ten years the weather at Easter has been excellent and the camp has been crowded with people anxious to enjoy their last week-end for some long time. Again races will be organised for the children, and on Easter Sunday there is a parade to find the 'Easter Prince' and 'Princess' at various age-levels for the children, and 'Mr. & Mrs. River Valley' among the adults. Colourful sashes and prizes are awarded; it's a great afternoon.

Occasionally more elaborate events are staged. Once, sixty nudists went for an evening ride and meal aboard one of the reconstructed paddle steamers that now operate solely for the tourist trade. You might expect this sort of thing from a Club, but River Valley is not a club as such; it's simply a collection of people who enjoy getting their gear off and have found their happy hunting ground for doing just that. It says much for the spirit of River Valley that these things do happen and are always well-supported.

We don't get too many visitors from Europe, but a cherished memory among those of us who were at River Valley some nine years ago is of the 70 year-old mother of a middle-aged camper visiting from Liverpool and holding court most days (fully dressed, mind!), and on her last day asking coyly if anyone would mind if she took a few snapshots with her instamatic - 'They'll surprise my friends at home,' she said.

I'll bet they did!

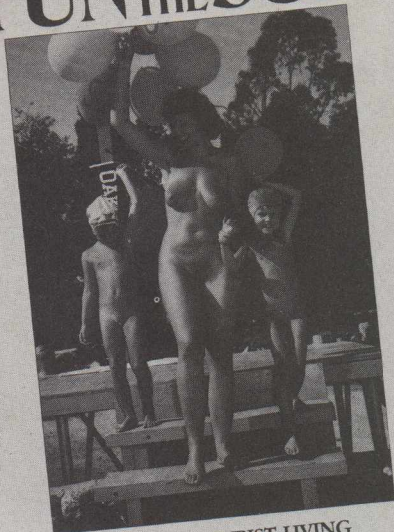


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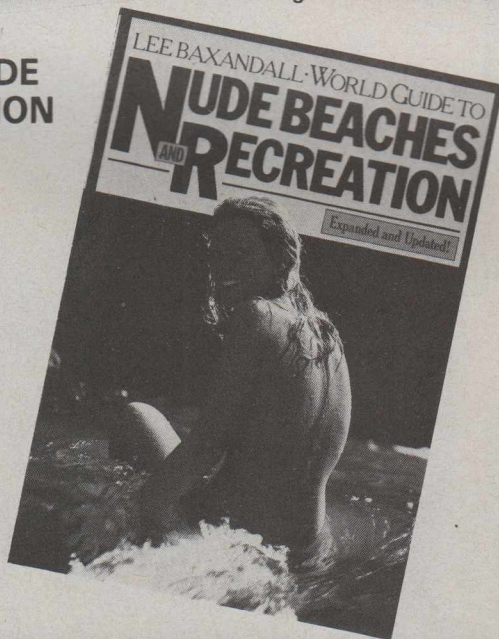
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MEN! GO IT ALONE!

Isn't it a pity that so many men won't become naturists because their wives won't join them. At least that's what they say the reason is. But for women like Marjorie and Diane it's a pity. They don't need their husbands or boyfriends with them on the beach, but they do like meeting new faces!







**DO YOU NEED
YOUR WIFE
TO HOLD
YOUR HAND?**



Every so often you read or hear a complaint from a male would-be naturist. 'I'd love to join the naturists,' they say, 'but my wife won't come with me. She's a prude, really, and nothing will change her mind.'

What a sad little tale. But why should that stop the husbands? Most wives, although for reasons of their own may be reluctant to sunbathe nude themselves, try to curb their husbands' activities. They don't expect to live in each other's pockets all the time do they?

Naturist men are not alone in having interests

which don't appeal to their other halves. Keen fishermen, or golfers or stock car enthusiasts are other examples of men who leave not-so-merry 'widows' at home. But that doesn't stop them. So why do naturist men need their wives to hold their hands?

There are, accepted, certain problems. Golfers who are invited to become members of the club don't have to bring their wives along in order to gain entry. In fact, naturism is probably unique in that to get into most clubs, they have to walk in two by two like animals trying to escape the flood and



'Wish you were here!'

gain refuge in Noah's Ark.

Then again, naturists are lucky in that there are alternative ways to enjoy their leisure pursuits. If golfers don't get into their club (maybe it's too exclusive or expensive or simply full up), they may have to travel miles to play on a public one. Then they'll find it's packed with punters all teeing off side by side.

There are always public beaches, foreign holidays and 'free' beaches for the naturist. They're usually quite friendly places and very soon you'll find people willing to chat. Then as you go more often you'll get to meet the regulars.

What's wrong with going with another bloke? Scared they'll think you're gay? That's a problem

you're going to have to sort out for yourself. After all, you'd happily go golfing with another bloke so what's different about naturism?

I'm divorced, and whilst some clubs are more sympathetic to an unattached female than a male, there simply aren't any that appeal to me. I don't want to be the lone female amongst a load of couples. So I go with my friend.

We find we meet more people that way, and are not tied to any particular plans. We just follow our instincts and desires. My friend is married, but her husband doesn't feel she should have to forsake her passion for nudism just to suit him. So let's have a few more naturist men — married or not. Just for solidarity!

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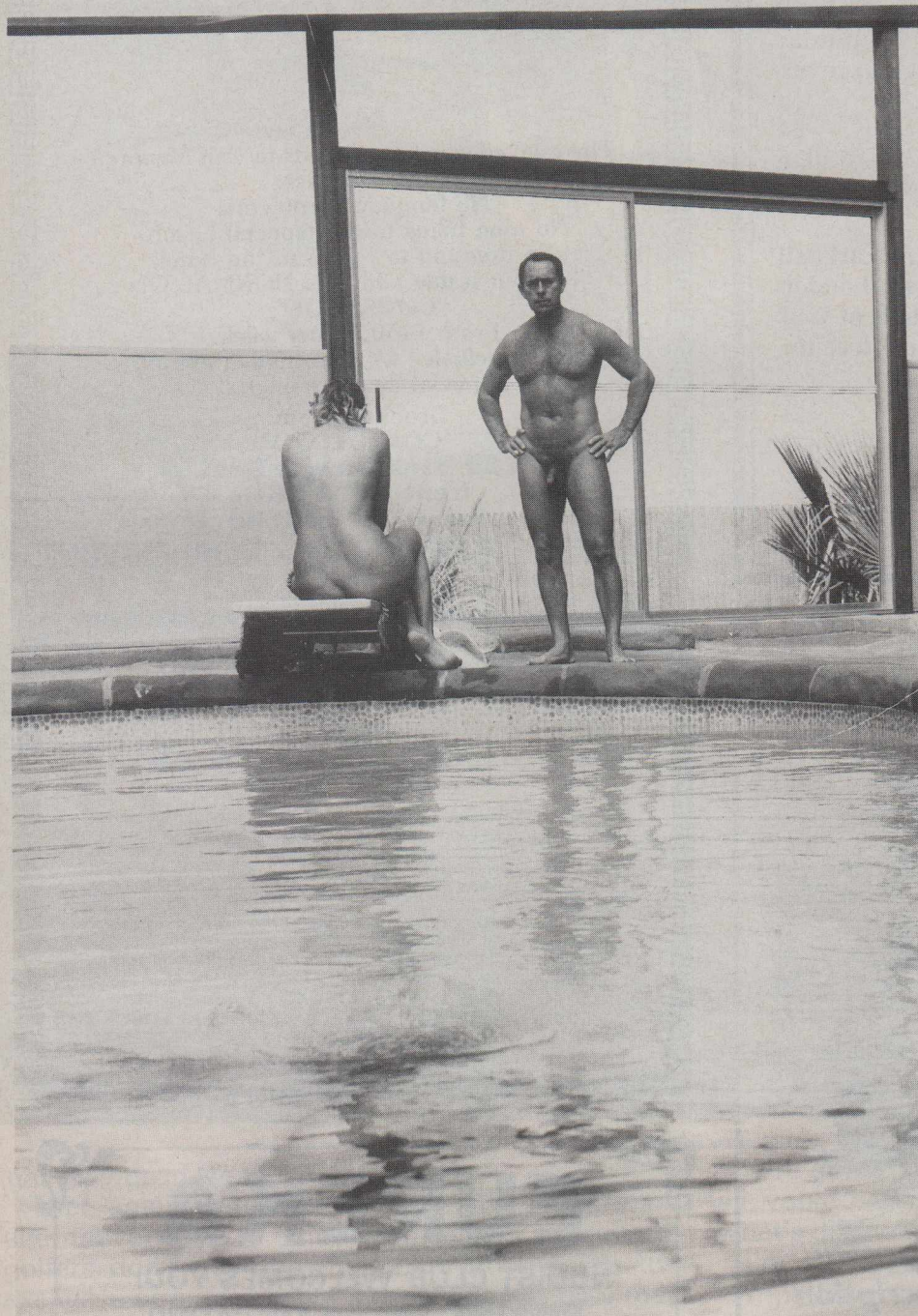
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IS THERE SEX AFTER AIDS?



For a start, words which were rarely used BA (Before AIDS) are now freely used in these AA (After AIDS) days. Condom, for example – an ugly word, reminds me of those holiday condominiums – do you get free condoms with condominiums? Whatever happened to the word 'sheath'? Sheaths are for putting things into – just as a sword fits snugly into its sheath, so does a penis into its sheath. Penis, now that's another word to gain freedom. And sex, along with when to have it, where, who with, and how, advice is thrown at us from all fronts; newspapers, radio, TV, even leaflets put through the door. All without a murmur from the clean-up-and-hide-it-under-the-carpet-brigade. All this freedom of speech is a definite 'plus'.

The free availability of the contraceptive pill in the sixties, enabling women to control their own fertility led us into the sexually permissive era. It has subsequently become quite accepted that women can and do enjoy the sex act as much as men, and their need for sex can be just as urgent.

'Simple loving is something that flew out of the window when free sex came in at the door'

With this new knowledge came a new way of life. Loving took on a new shape and form. We were able to act sexually 'on the spur of the moment', meet our sexual needs 'just like that', etc. etc. When feeling sexually neglected, or just simply in need of affection it has been all too easy to drift into a bar or club, catch someone's eye, exchange a few words, and then head for the door. The only decision to make was 'your place or mine?' Great. No hassle. Sexual needs satisfied. Snatch a few hours sleep then wake up to face another day feeling refreshed in all the secret places.

How that has all changed in the last year. Unless really stupid, no-one would just breeze into a bar or club in the same way or with the same intention now. AIDS is not like previous sexual hazards. Herpes would be no more than a recurring inconvenience should it cross your path; other forms of VD meant a trip to a Special Clinic, but AIDS is a death sentence. Quite a different ball game.

So how can we think positively about

If, like me, you thought that with the onslaught of AIDS, came the demise of enjoyable sex, then think again. Most things can be thought of in one of two ways, positively (what good can come of it?) or negatively (no good can come of it). I have found the best way to cope with life, and particularly its crises, is to think positively about everything. Think positively about AIDS? Yes, indeed, even something as devastating as AIDS can have a positive side! By
Vanessa Goodman.



AIDS and turn this to our advantage? Perhaps it ought to be realised that although seeming great at the time we were missing out on a few delights in those heady days when we so readily went out to get our sexual needs met – regardless.

Nowadays, with not being able to have our minds so distinctly set in the direction of 'sex, the whole sex and nothing but sex', there is room for our other needs to show themselves, needs which may previously have been totally ignored.

The need for cuddles, caresses, soft words, affectionate kisses, gazing into your partner's eyes – a multitude of tender acts which, put together, add up to 'loving'. Simple 'loving' is something that flew out of the window when free sex came in at the door.

Now we have the opportunity to rediscover 'loving' thanks to AIDS. Loving and sex do not always go together. Sex is the meeting of animal needs; loving is what distinguishes humans from animals. So let's make the most of it.

How long is it since you soaked up the warmth of just laying by the side of your partner's body, stroked their hair, ran your fingers tenderly up their back, whispered softly and gently into their ear? Try it.

There's a saying that anticipation gives as much pleasure as realisation. So get used to spending lots of time anticipating.

There has never been enough skin contact between people so start by changing that. Stroke your partner's body all over, and when reaching any parts that bring forth a sigh of pleasure spend a little more time on those parts.

Don't forget the feet. How delicious to have one's feet rubbed after dancing half the night away (or propping up the bar!). Pay special attention to the toes (an erogenous zone to beat them all).

Caress the toes, stroke in between them; think of the toes as your partner's legs and let your imagination guide your fingers.

Smooth your partner's forehead, wriggle your fingers around the ears whilst gently blowing into them, and don't forget to nibble the ear lobes. Take plenty of time over all this and when finished do it all again.

As for kissing, this is a subject all on its own. Smother your partner's face with kisses before moving onto the lips. When there try small kisses around the mouth, gradually building up to the full kiss. Even then don't do the tongue bit straightaway; lead up to it by teasing and moving around the lips before moving in as your partner responds.

'I have heard one or two fears expressed that AIDS might become more prevalent amongst naturists'

By this time the need for loving will be increasing in momentum, so draw back for a while to wonder at the look of tenderness on your partner's face, the happiness shining from their eyes, and the flush of anticipation.

Now is the time to move away from kissing the face to plant gentle kisses on your partner's body and yes, it is true that a great number of men enjoy having their nipples kissed, so again, this is something both sexes can share.

Now move on to mutual masturbation but again, at a leisurely pace, exploring fully the genital area of your partner. Enjoy looking at those places which are so very private and, in turn, enjoy knowing that you are being looked at.

Again concentrate on those moves which bring the most response. The

long time spent anticipating should bring its reward and the earth may move and the explosion occur at the first touch. Let your man cover your body with his semen – it is full of protein and good for your skin, and you can come to no harm. Even if the virus if present in the semen it must enter your body to harm you, and this can only happen via the skin if you have open cuts or scratches.

Now wasn't that loving session a whole new experience? I must say, just writing about it has made me feel in need of some attention. However, before deciding what to do about that, I would just like to mention one other area in which we need to think positively. And that is with regard to naturism and naturist clubs, saunas, and nude swimming sessions, etc.

I have heard one or two fears expressed that AIDS might become more prevalent amongst naturist activities. What a lot of nonsense! If anything the reverse should be true.

Generally speaking, naturists are far more aware of their bodies than are textiles, and are (dare I say it?) more hygienic because of it.

Because naturists are more aware of their bodies they are more aware of the need to keep their bodies healthy, take more showers, more exercise, and because they do not wear clothes for such long periods as do textiles, must of necessity wear cleaner clothes!

So let's have no panic talk of this nature. Keep on with the swimming, the saunas and other healthy outdoor naturist activities. Carry on enjoying your naturist life-style, with the added bonus of being able to speak more freely about sexual matters, and most particularly take time to enjoy rediscovering what 'loving' is all about. Yes, even though it may possibly take a new form, there is indeed sex after AIDS.



There's nothing to stop you enjoying friendly relations with other naturists



There are more alternatives
than you might have
thought

THERE'S NO SUCH THING AS A FREE LUNCH

What it boils down to, Sir, is this. You pay us £2750 now and we guarantee you an apartment exactly the same as the one you have just seen for one week, in the winter season (Week 44 to Week 13 – which is when you most need the sun) every year for the next thirty years.

Just think of it, Sir, seven days of glorious sunshine for just £91.66 per year. This is less than £2 per week really. Moreover, at the end of the thirty years we sell the property, which will be ten times more valuable by then at the current rate of inflation and 75% of this money is shared out solely between the people in the Time-Share scheme. In the long run, Sir, you will not only get your money back – you will make a handsome profit.

'And now, Sir, before I take all your particulars and ask you to sign the contract let me slip into the office for a second and bring you the little gift we give everyone who is gracious enough to give us a little of their valuable time to explain our great offer.'

So said the dolly-bird who had been detailed off to impress an old soldier who had been taught always to shoot at the chest so that if the shot went high you knocked out a mouthful of teeth and if it went low you saved the recipient the expense of getting a full body massage at Brenda's flat for the rest of his life.

And God made the world and all the stupid dingey in it in six days. And you will be the biggest dingey of the lot if you sign that bit of paper when Ducky gets back with it.

'Here we are again, Sir, and as I promised here is your brand new 5000 Escudos banknote to spend anywhere you like. That is £25 in your pocket just because we value your time so highly. And now, Sir, this is our standard Questionnaire and Contract form which I will go through with you. It is so simple we can get the whole business settled in less than another five minutes of your valuable time.'

'You will be the biggest dingey of the lot if you sign that bit of paper'

'I have got plenty of time. Time enough, in fact, to ask you a few questions before you ask me any. For instance, who pays for any damage in the apartment?'

'Oh – didn't I mention the Maintenance Fee? Everything, Sir, is covered; the building repairs; the replacement of worn furniture; the soft furnishings; the kitchen equipment; the upkeep of the gardens; absolutely everything you can possibly imagine, and all this for less than £1 per week – £45 per year to be exact payable in advance every year so

that you can be sure that all will be perfect when you arrive.'

'So it is not £91.66 per holiday. It is £45 more than that. Shall we call it £136?'

'Well, I suppose you could put it that way, Sir. But even so it is a trifling sum, don't you agree? £136 per year only for a holiday for the whole family. And now, Sir, what is your occupation?'

I write travel articles for an international magazine published in UK, France and Germany.'

'Oh – I see, Sir. Do you know I think our Managing Director would like to handle your case personally. He can give you every little detail you might like to have for your article. If you would like to come to our Cocktail Party on Wednesday I will make certain that you meet him. He is very helpful. American, you know, and I am sure he will be only too happy to help you in any way he can.'

So, I went to the party and in fact was invited to another five parties during my three weeks at Albufeira. I drank about a gallon of free champagne and gobbled up enough of the bits and pieces on sticks that I had no need of an evening meal for six days and I was able to confirm the cost of one week per year as under:

- (1) £136, as calculated above.
- (2) £210 per person return air fare Gatwick to Faro.
- (3) £30 taxi fare Faro-Albufeira and return.
- (4) £10 per person insurance.
- (5) £275 loss of income due to withdrawing £2750 from Building Society to pay for the 'basic'.

Let us add that up. It comes to £651. And the cost of going to the same hotel, with the same facilities at the same time of the year with a package deal with Martin Rooks?

(1) Holiday Price, including full insurance, £239.50.

(2) Loss of income on £240 withdrawn from Building Society £24.

Total – £264. But stay – just a tick – Martin Rooks is for three weeks not one week. I know – I have just come back from there. You think that the 'loss of income' shouldn't be included? Go round to the Listening Bank and ask how much it would cost to borrow £2750 for thirty years.

Try out the formula for a man, two children and the legal limit for the number of wives.

- (1) Basic £136



'I don't mind this sort of time sharing' says writer Edward Williams

Question: What might cause you the biggest upset when you're on holiday?

Guess: Mosquitos? Local Wine?

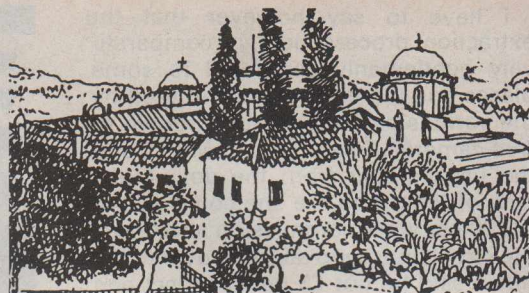
Answer: No! Timeshare salesmen can be more dangerous

Possible symptoms: An inability on your behalf to detect a bad bargain

Result: Constant headache; heavy loss of cash

Prevention: Avoid them like the plague

Report and case histories by Edward Williams.



Typical time share development in the foreground, at Albufeira

(2) Loss of income £275

(3) Taxi fare £30

(4) Insurance – say – £30 for 2 + 2

(5) Air fares two adults plus two at half price £630

Total £1101. And for Martin Rooks?

(1) Four at £240, £960 maximum – you might get a reduction on the children.

(2) Loss of income £96.

Total £1056. Much about the same you might think, but Martin Rooks is for three weeks not one week. Further more if something goes adrift on the way (Strikes, Bad weather, Technical breakdown etc) Martin Rooks pick up the tab for your £75 bed and breakfast at the Hilton. If you go on your own you get elected to pay or you spread out on the settees in the Gatwick Village until the fog lifts.

I have told you exactly what happened to me in Jan 1987 at Albufeira.



Time share and outright sale complex. More are being built each year

I have to say however that the extraction process here is comparatively gentlemanly compared to some places and the inducements offered by the various companies boiled down to free cameras, free tickets to Miami and the usual patter from the dolly-birds. One of them told me she could pull in £1000 per week commission and one of the street louts who take you over to the office said he got £5 per prospect and that £300 per week was easy as he got it whether you signed a contract or not.

In other places however, and the Canary Islands were mentioned to me, the process is much more intense. It is almost like Mugging. So frightening, especially to old people, has it become in some places that at least one Euro-MP has brought it up in the European Parliament. At least two UK Television programmes have added their weight to several very critical articles in the Press, and very rightly so.

As it says in the heading 'There is no free lunch'. Somewhere along the line some dingey pays for it. In the trade he is known as the customer.

Perhaps you want to pay for the six bottles of champers, the half ton of ham sandwiches and my 5000 Escudos. They were all very nice. Obrigado as



Staying in a place like this could be wonderful – but make sure you know what's involved

they do say in those parts of the world which were not lucky enough to be in the Empire.

£1000 per week commission! Gee-Whizz – that's almost as much as you get writing articles for 'Wealth and Sufficiency'.

And who falls for this business? I

spoke to four who were caught up in the net.

The first was a typical member of the Big Bang Broker Belt. Of course we switched over to Compact Disc completely, months ago my dear. Just after we had finished the Lladro porcelain set. The Okey-Pokey Beach Property Company hooked him in seconds because he wasn't out to buy a holiday. He wanted to buy the ability to tell the Jones family about his 'Apartment on the Garve' without actually telling lies. Don't forget to bring the loo paper that the dog (Sorry – the hound) likes to play with. The Portuguese stuff never tears along the perforations.

The second was on the dole. He spent much time bending the ear of our superb courier because he was on a cheap Winter Rate holiday and the Tour Operator had not told him that the food would be expensive in the Algarve. Therefore he was entitled to a refund. He bought his basic £2750 worth on 'Our Assisted Payment Scheme'. Thirty years on the drip feed at about 35% APR. Perhaps the DHSS would like to pick up the tab for that one.

The third was an old boy of 73 and his young 71 year old wife. 'I will put you down as 67 on the form, Sir as the company do not normally take people over 70'. Someone who can believe all that garbage after seventy three years in this wicked world has got to be doing it when the balance of mind is disturbed. One thing is for sure—I ain't going to the flaming Algarve when I am 103. In fact I shall be happy if I can creep far enough along the street to reach the Cop when I am 73, never mind 103.

The last had signed up four years earlier and had spent three holidays doing nothing else except trying to sell his time share. The Company offered him 25% of what he had paid.

Think very carefully before you sign anything and while you are in the pensive mood consider who will be laughing all the way to the bank—will it really be you, or could it possibly turn out to be Okey-Pokey and their minions?



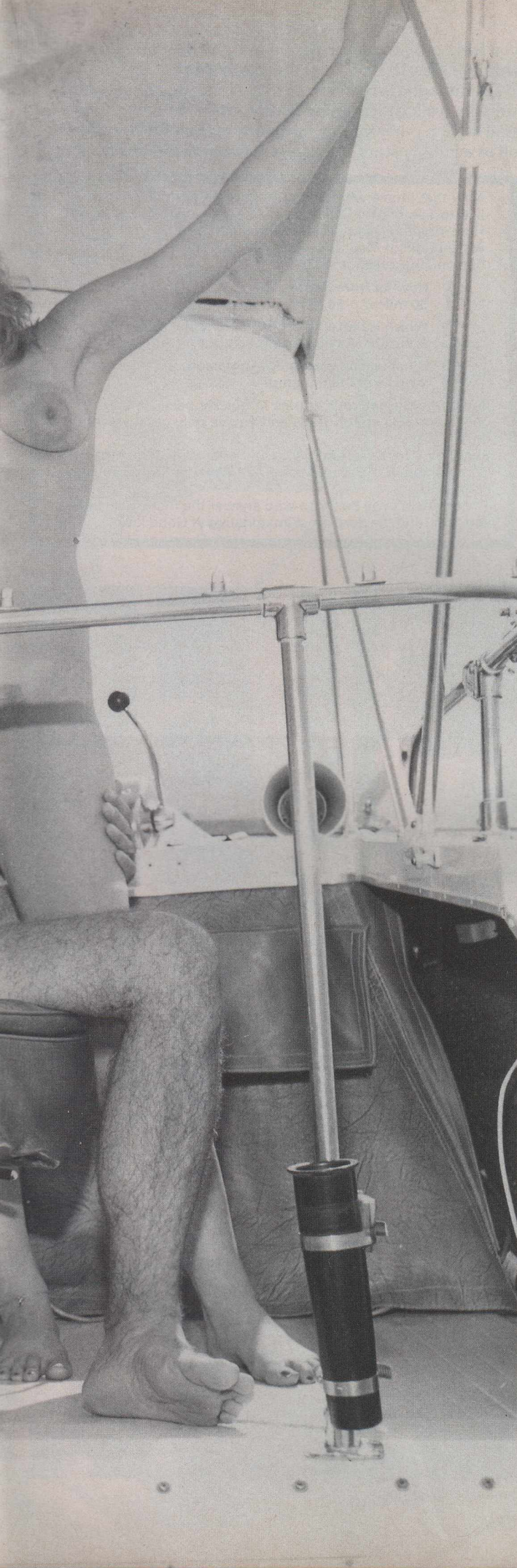
When you lie back in the sun, you don't want to fill your head with worries



This is not taken outside a time-share apartment, but staying here may be simpler, at least.

A bottle of bubbly can improve
any occasion!





Champagne is a natural healthy drink – but what gives it its very special charm? Why single it out for special occasions? Is it all in the bubbles? According to Stephen P. Daly, the subtle difference between champagne and other tonic wines is a simple blend and an artistic marriage.

WHY THE FIZZ NEVER GOES FLAT

Champagne is the king of wines, a sheer master of occasion, and anything akin to pomp and circumstance lends itself to this world-renowned brew. This curious and age old wine has really gathered a large following of imbibers; for last year alone the U.K. imported more cases than any other country in the world! But still *not* as much as the French, they consume it at any opportunity – along with their pot-pourri of classical wines. The French are true professionals of the food and wine business and have been for many centuries.

Many other countries, the U.K. included, only drink Champagne on important occasions such as births, marriages (maybe in some cases death), gambling and ceremonial stints. Probably the cost reflects this fashion but more likely because it's such an enterprising, glamorous and bubbly drink. It is nearly always linked to formality which has given Champagne a 'snob' appeal desired by all at some time or another. And it's made Brut – very dry, Demi-sec – dry, Doux – medium sweet to sweet. And of course there's Pink Champagne: this has real impact on the joyous of occasions like Royal Weddings and summertime boat rides in 'punts' down a winding river, or a prelude to amorous evenings.

Another taste in Champagne that is presently enjoying much attention in the City of London's wine bars is 'Brut Sauvage' a very-very dry Champagne with an alcoholic kick to it. The City's whiz kids flutter away many £s and hours, particularly on Friday evenings, in Champagne bars discussing next week's gains and losses – whilst outside the only losses are the empty bottles building up in the crates!

**AND YOUR CHANCE
TO WIN A BOTTLE
OF BUBBLY – DELIVERED
TO YOUR DOOR!**

Obviously there are many competitors in the Champagne market all vying for that prestigious position of top 'Maison' but amongst that vast array of hustlers are one or two houses with a constant record for quality, taste and demand that gives the others a lot to fizz about. Probably the most well known is Moët & Chandon — who hasn't heard of them? It's the largest of the Champagne houses; the Duchess of York had trouble opening a bottle of it, the band 'Queen' even mentioned it in one of their hit singles. Then there's the famous Dom Perignon *haut* Champagne; linked with pure decadence, that comes under their wing too. The Americans love it. The British admire it. Rumour has it the bottle was shaped on Marie Antoinette's bosom! I wonder if Napoleon was as much a Champagne lover, as he was a Cognac lover, as he was a romantic lover? 'Not tonight, Moët?'

I know the Germans were Champagne lovers because during the war they 'made love' to many cases of the delectable beverage, even sending some back to the Fatherland. The French had a feeling this would happen and took precautions before the fall of France in 1940. Many cases were hidden purely to be sold and enjoyed when the war was over.

The Champagne region looks so tranquil and aesthetic — the sort of place for escapism. And when you think of the millions of Francs invested around Epernay, and Rheims

you feel both proud and fearful to tread the soil. What a cultured view there is over the landscape.

Champagne is fantastic with seafood; and smoked salmon, well, that is sheer luxury. Not to mention Caviar. And what a party goer 'Champers' is — it gets the evening off to a bubbly start. It keeps you going through the night.

Now that I have whetted your appetites perhaps you would like to sample the delights of Champagne? Well, you can. Here's a simple competition. If you get the answers right you win a bottle of Moët & Chandon for your special occasion, so here are the questions:

- 1** How far from Paris is Epernay:
50 miles? 90 miles? 150 miles?
- 2** Which is better to drink Champagne from:
A flute? A wide-brimmed glass? A slipper?
- 3** What will be your special occasion
worthy of Champagne?

Remember to get your entries in quickly because there are only **6 bottles*** up for grabs and you've only got 4 weeks to do it. (*75cl.)

Send your answers, and name and address to: Champagne Competition, H & E, 2nd Floor, 67/73 Worship Street, London EC2A 2DU.

The 6 winners will be those who answer the first 2 questions correctly, and the third most imaginatively! Good luck.



Other drinks are still reserved for everyday.

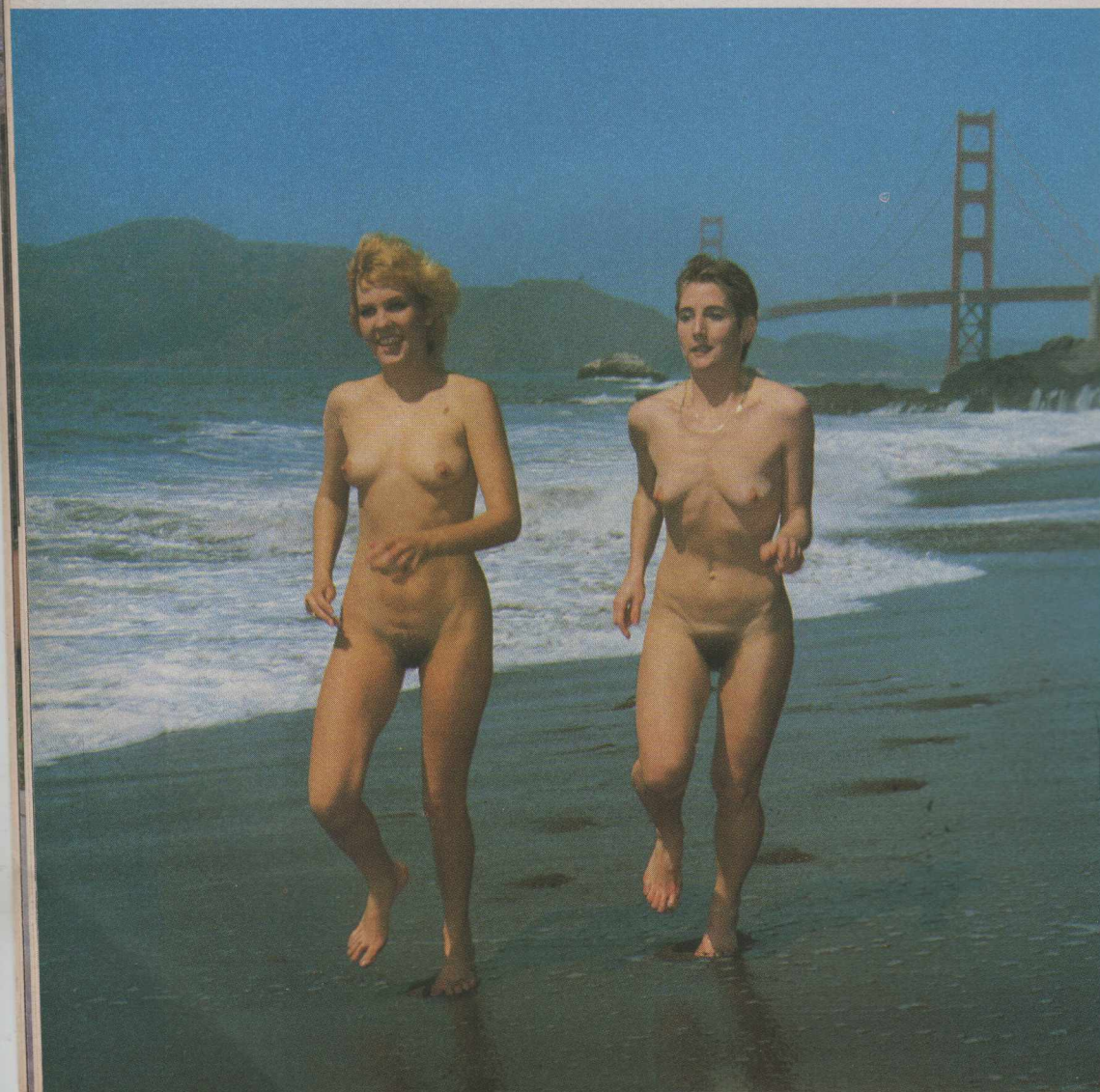
'I've just thought of the most perfect drink to cool me down'





Do you get a tremendous sense of liberation when you take your clothes off? Your clothes are just one of the many things that tie you to your daily grind. Underneath them we remain the same naked ape we were back in the trees. The pace of evolution is very much slower than social changes and the pace is hotting up. When modern naturism started in the last century, most people's way of life hadn't changed since the Norman Conquest. No-one had heard of the disease called stress.

The freedom that naturism provides may be worth even more than that all-over tan. Stress from your job or home life can be a killer. It's estimated that 1.6 *billion* pounds is lost to industry and commerce every year from the effects of stress-related illness. As the country struggles to catch up, this lever of stress may increase still further. Tests have shown that those at greatest risk are miners, building-site workers, teachers, social workers, doctors, the police, journalists and



WHY NATURISTS HANG AROUND LONGER

No-one's done any surveys on the subject so far, but it's quite possible that naturists are harder than other people. Simply because they probably suffer from less stress. Discard your clothes, and liberate yourself! It's the ones who are all wrapped up and tied up who are in danger. By Martin Colman.

dentists — all people with heavy and demanding workloads and facing tight deadlines. Least at risk, not surprisingly, are museum keepers and librarians, although when I told that to the librarian in the college where I work, he nearly blew a blood vessel on the spot!

While we are familiar from

TV with the idea of the top executive who rushed around until he has a heart attack, it's actually 'blue collar' workers who are most prone to stress-related illnesses. It seems that if you can control or have a major influence over what you do in your job, you are less likely to be at risk than someone who has orders

fired at them all day. Nonetheless the executive who rushed about, firing on all cylinders for ten hours a day, is facing needless risk. Let's face it. None of us is indispensable.

While this is true for men, the situation for women has changed rapidly and for the worse in the last few years.

Before the last war, very few married women worked outside the home; now more than six out of ten married women have some kind of paid employment, whether to beef up their husband's wage or as sole breadwinner. Despite women's liberation, it's still almost exclusively the wife's responsibility to feed and clothe the family and raise the children. Not surprisingly, the demands of family and career are often difficult to balance. So too is returning to full-time paid work after several years as a housewife. Stress has been shown to be a major factor in



the development of breast and cervical cancer. We should not forget the effects of unemployment and low wages: scraping for a living at the margins of society is a difficult, frustrating and sometimes degrading thing.

So what exactly is stress? As you will have gathered, it starts as pressure. Up to a certain point, pressure isn't bad for you. Many dynamic people from all walks of life thrive on it. Hard work, as the old saying goes, never did anyone any harm. But when

the pressure mounts and isn't allowed to dissipate, then stress can develop. So don't worry if you've had a hard day at the office. If you're fit enough to begin with, then you're not really at risk. A year of days like that, however, is quite another thing. And not everyone responds in the same way.

Experts, who like things neatly divided, split us into two types. 'Type A' is the person we all know-always hyper, stressful, prone to worry, never relaxing. This is

usually the man who smokes, or the woman who secretly wolfs down candy bars. They do it, of course, because they find it soothing, forgetting the risks from lung cancer and heart disease. 'Type B', on the other hand, is me and you, who never do such things, who are cool and laid back in a crisis, who always copes, don't we?

In reality, we all need help and support when things get too rough. None of us are armour-plated, especially when we're Type A and think we're

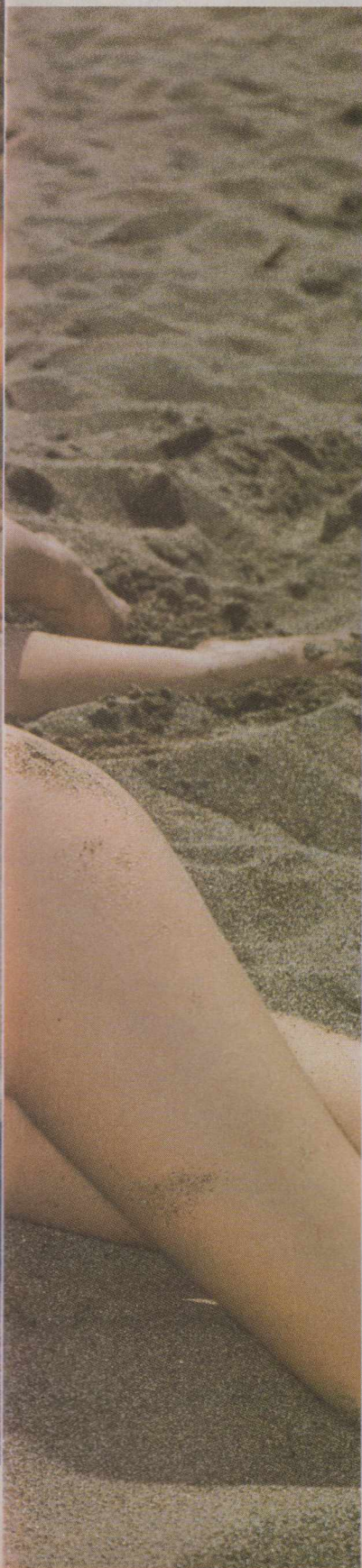
Type B personalities.

So how do you beat stress? Any relaxing activity will help to relieve tension - just do whatever you find lets you blow off steam best. It doesn't matter if it's going for a walk, reading a book or building a model of St. Paul's in matchsticks, it all helps; even taking your clothes off might be pretty good for you; it's a social activity, which you do with your family or friends. It's a holiday from being what the everyday world expects you to be, plus



sun, air and healthy living.

No-one has done a survey on stress in naturists; if they did, it might well show a well below average health risk from stress. Anyone who can take their clothes off in public has to be immune to many social taboos that can promote stress. Nevertheless, we should try to recognise the tell-tale signs of stress in those around us, and, more importantly, with ourselves, and do our best to beat it when it appears.



Women's lives are getting more stressful nowadays.









I doesn't matter if you have a hard day at work...





...as long as you get it out of your system somehow



FANCY THAT PAIR OF LEGS 11?

Many women have hang-ups about their legs and the shape they are in but how many actually do anything about it? Whilst you can do very little to change the bone structure of your legs you can do a lot about its shape. Fat can be got rid of and muscle made firmer for a better effect and aid to circulation. Cellulite can be eliminated and varicose veins alleviated or prevented.

How? With regular exercise specifically for the legs; that's how! And you can benefit at any age 15-60 years or more, obviously the older you get the easier you take it, but it's got to be done regularly. Many actresses in their 50s have good legs and intend keeping them that way with regular exercise — think of Cyd Charisse?

Shapely legs are attractive and the odd 'wolf whistle' can be forgiven if a fine pair of 11's are in sight; they are an asset; it's quite a compliment to be called 'leggy' even if we men are sometimes called chauvinistic because of it.

Looking good...

Let's face it, these days everybody wants to look good; people like being noticed and given attention. And as more and more time is being geared towards leisure time it's no surprise that you want to get the best from it. Especially if you are a woman. Flattery is sometimes more potent than a bunch of roses.



Running on the spot



Lunges

How do you presently fit into a bikini or tight jeans? If a naturist, are you happy with your overall shape and condition? Especially those legs. OK boobs wobble but striking legs catch as much attention and not only from men but envious women too!



Squats



Leg cycling

You need your legs...

Besides the aesthetic appearance of shapely legs, strong legs are necessary if only to keep you mobile in older age. Firmer legs usually have less cellulite and varicose veins than do weak or flabby ones. The old argument about not being able to do much was dispelled in an earlier paragraph; you have to visualize your objective then stick to it until you achieve the results you require. As women vary so much from each other then so do the results, it may take you only a few weeks to shape up and your best friend two months or more, or reverse.

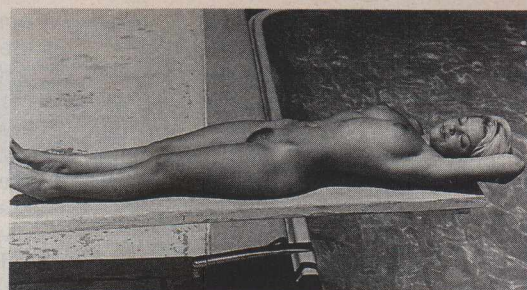
Stick to the exercises outlined which are geared towards an 8 week target. Take care over your diet; crisps, cokes, cakes, chocolates and particularly salt should be avoided altogether, let alone for this course. Switch to salads and high protein meals which include tuna fish, low fat cheeses, lean meats, curds and drink a glass of skimmed milk per day — excellent for the leg muscles!

Timing your diet...

It's not always what you eat but the time you eat it that causes weight problems. People who eat little and often usually assimilate and expend their calories more efficiently than those who eat three big meals a day. Always leave the table slightly full, not with your stomach extending like a stretched elastic

8 WEEK LEGSHAPER PLAN FOR WOMEN

Every woman can have shapely legs. Just a little effort, regularly, for 8 weeks is all you need. Start now, with these special exercises. Stephen P Daly provides the know-how – and the impetus.



Hip raises

band. Not like the night gulper who prefers an evening dinner at 10p.m. at night only to slump in front of the TV afterwards...where do those calories go?

It's no good exercising hard then over-eating, because you won't get any lasting results; eat little and often but only the healthy foodstuffs, avoiding salt. Have your largest meal if you need one around lunch time.

Reach for the tape measure...

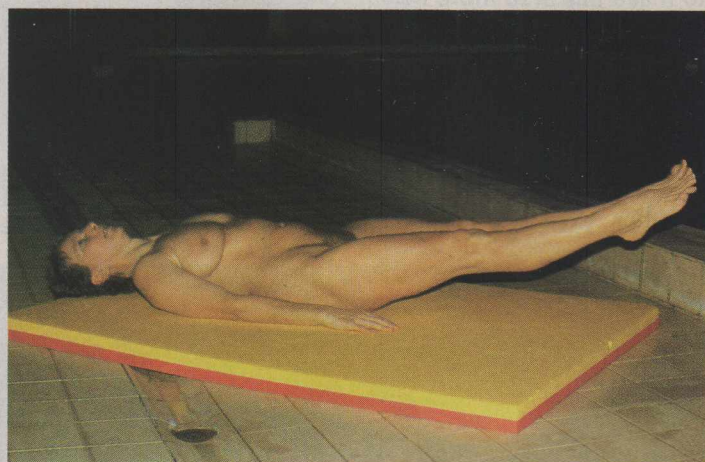
One good method of creating continued enthusiasm is to tape your progress and this means before commencement of the fitness programme and again each week until the 8 weeks are up. Of course after this period you may be so happy with your results that you may want to keep it up indefinitely and I hope this is the case.

Get a friend to start exercise with you and see which one lasts the longest and gets the best results; a little healthy competition makes it all more interesting. Don't you agree?

Before we start, measure your mid thigh, knee area and calves, then around your hip area. Write down your findings and date them, check your diet as mentioned, then condition your mind for exercise: do 2/3 times per week for the first two weeks depending on present shape and condition, 3 times per week for the next 2 weeks and for the last 4 weeks you should be doing 4 times per week of 1/2 hour per session. Initially pick only two or three exercises and do them for 15 minutes per training day.

i.e. Monday and Thursday for 2 weeks
Monday, Wednesday and Friday for 2 weeks

Monday, Tuesday, Thursday and Satur-



Lying scissors action

it works those thighs. Keep knees up high and do it for 1 minute building up to 5 minutes by the end of the 8 week course.

2. Squats

Good for buttocks and thighs. Breathe in and lower to a parallel position to the floor, breathe out and return. Done in even tempo 15 repetitions to begin with then as follows:

Weeks 2 and 3	2 × 15 each session
Weeks 3 to 6	3 × 18 each session
Weeks 6 to 8	4 × 20 each session

3. Lunges

An excellent exercise for the thighs, hands on hips lunge forward and lower keeping the back straight and breathe out. Breathe in on returning then exchange legs, again in even tempo. Commence reps as follows:

Weeks 1 to 4	work up to 3 × 20 per session
Weeks 5 to 8	work up to 4 × 25 per session

4. Leg Cycling

Lie on the floor with your legs up in the air and back supported by your hands. Start cycling the legs in full round circles for 2 minutes the first week then as follows:

Weeks 2 and 3	for 3 minutes
Weeks 4 to 6	for 4 minutes
Weeks 7 and 8	for 6 minutes but faster.

5. Hip raises

Lie on your side then point your toes and lock your knee, then whilst keeping your balance raise your leg to 45 degrees tensing the leg muscles when doing so and lower. Do 20 repetitions with that same leg then alternate; remember to keep the leg muscles tense and the toes pointed. Follow on like this:



High kicks

day for 4 weeks

Gradually include all the exercises so that you are doing them all the 4th week. If you are over 35 years of age and/or haven't exercised before, be safe and get a check up by your doctor before starting any form of sport or exercise. Finally to set a target get an old pair of trousers you used to fit into nicely before, then determine yourself that by the end of the course they will fit you perfectly; with that in mind let's get straight into the exercise.

1. Running on the spot

This is a good exercise for warming up and getting the circulation on the move;

Weeks 2 and 3, do 25 each leg
Weeks 4 and 5, do 30 each leg
Weeks 6 and 7, do 38 each leg
Finally, in week 8 do 2 x 30 each side remembering to breathe normally throughout; in fact never hold your breath on any exercise, it could make you dizzy.

6. Lying scissors action -- A difficult one

Whilst in the same position turn over onto your back, lift your legs 6" off the floor and part until you feel a slight pull in the hip area then return. The idea is to make this area more flexible and fat free so make attempts to stretch the area. Maintain even tempo throughout and try 18 repetitions for starters. When this gets easy do 2 x 18 adding an extra set of 18 repetitions each week (if possible) up to the 8 week deadline.

7. High kicks

Another excellent leg shaper, stand

upright with a chair for balance, point the toes of the leg to be exercised and kick as high as possible with knee locked. Try 20 reps per leg to start and breathe out as you kick and in as you lower. Then as follows:

Weeks 2 and 3, do 30 per leg

Weeks 4 to 6, do 40 per leg

Weeks 7 and 8, do 50 per leg

There you have it, a specialized fitness programme for your legs. With regular training and careful diet you should be well on your way to lovely legs after only three weeks. And as an added bonus why not throw in a spot of jogging or swimming: these will enhance your training and give you variety if needed. Don't forget to put on your favourite tape because fitness is fun and none better than music to perk you up and get you going.

Sometimes, exercising on your own can be tedious, and it's very easy to let all your good intentions go out of the

window if you're bored by the whole thing. So why not encourage a friend to join you? Better still, ask a couple of friends round for coffee and calf-training, instead of cream cakes! What's more, suggest that they come round on their bikes, another good leg exerciser, get yours out too and rediscover the joys of cycling if your muscles can stand it after the workout. Before you know it, you'll have the basis of a keep fit group in your house—who knows, you may even be able to make money out of it.

Finally we like hear from the women who read H & E so why not drop us a line if you are doing these exercises and let us know what you think. A before and after photo would say it all — good luck.

Now hop off the bathroom scales and onto the exercise mat.



There's nothing to stop you practising exercises on the naturist beach (entertain your neighbours)



Exercises a day helps you rest, play and WORK!

INTERNATIONAL NATURIST FEDERATION (INF)

St. Hubertusstraat 3, 2600 Berchem/
Antwerpen, Belgium.

ARGENTINA

National Organisation: Cristian Vogt, Av.
Coronel Diaz 2277/11'E, 1425 Buenos
Aires, Argentina.

AUSTRALIA

International Organisation: Australian
Nudist Federation, Mrs. Mary Weston,
11 Cheltenham Street, Newcomb 3219,
Australia.

Adelaide Sunlovers Resort, P.O. Box 160,
Aldgate, S. Australia 5154.

River Island Nature Retreat, PO Box 456,
Mittagong, NSW, Australia 2575.

Sydney Social & Sun Group, PO Box 285,
Petersham, NSW, Australia 2049.

AUSTRIA

National Organisation: De NV, Possinger-
gasse 65, 1160 Wien.

BELGIUM

National Organisation: Federation Belge
de Naturisme, Clos du Chemin Creux
4/13, 1030 Bruxelles.

De Spar, Volhardingstraat 67, B-2020
Antwerpen.

Helios, P.O. Box 1185, B-1000 Bruxelles.

Phoebus, Rue de la Paix 44, Vredestraat
44, B-1050 Bruxelles.

Club Belvedere, La Coul, 152, 4580
Aubel.

Le Perron, P.O. Box 169, B-4000 Liege.

Heidegouw, P.O. Box 13, B-3500 Hasselt.
Gravensteen, P.O. Box 245, B-9000 Gent.

Plein-Ciel, c/o Raoul Jouan, rue de la Cite
40, B-4410 Vottem.

BRAZIL

National Organisation: Ass. Naturista do
Brasil, Caixa Postal 7550, 80.000 Curitiba.

BRITAIN

National Organisation: Central Council
for British Naturism (CCBN), Assurance
House, 35-41 Hazelwood Road, North-
ampton.

CLUBS (CCBN members)

Adventurers Sun Club, c/o J. D. Ayto, 110
Birling Road, Snodland, Maidstone,
Kent.

Apollo Sun Club, c/o 53 Sheppeys, Hay-
wards Heath, Sussex.

Ashdene, c/o 14 Elm Avenue, Sowerby
Bridge, West Yorks HX6 2HU.

Aztec Recreational and Sun Club, Aztec
Sun Park, Crawley, West Sussex.

Blackthorns Sun Club, c/o Ian Slater, 47
Rosamund Road, Bedford.

Bournemouth and District Outdoor Club
and Holiday Centre, Matchams Drive,
Matchams, Ringwood, Hants.

Brighton Sun Club, Hamshaw, Sloop
Lane, Scaynes Hill, Haywards Heath,
West Sussex.

Bristol Solarians, Tara, Mapleridge Road,
Chipping Sodbury, Bristol.

Broadland Sun Association Ltd., Brickle
Road, Upper Stoke Holy Cross, Norwich.

Charnwood Acres Country Club, Mark-
field Road, Ratby, Leicester.

Far West Sun Club, c/o The Moorings,
Lower Middle Hill, Pensilva, Liskeard,
Cornwall.

Gardenia Sun Club, Lye Lane, Bricket
Wood, St. Albans, Herts.

CLUB

Greenacres Club, Cornsay, Durham.

Hastings Sun Club, Hides, Westfield,
Hastings, East Sussex.

Invicta Sun Club, The Firs, Forge Lane,
Sutton, Dover, Kent.

Lancashire Sun Society, Hazel Grove,
Sandy Lane, Rufford, Ormskirk, Lancs.

Leicester Sun Group, c/o 8 Redruth Close,
Coventry.

London Health and Sauna Club, Seymour
Hall, Seymour Place, London W1.

New Forest Outdoor Club, North Lodge,
Hurn Road, Ringwood, Hants.

Pendale Sun Club, Brighthouse, W. Yorks,
c/o 4 Lower Hall Drive, Hightown,
Liversedge, West Yorks, WF15 6PB.

Ribble Valley Sun Club, Briarwood,
Ribchester Road, Clayton-le-Dale,
Blackburn, Lancs.

Scottish Outdoor Club, 'Elstree',
Inchmurrin Island, Balmaha, Glasgow
G63 0JY.

Sheplegh Court Naturist Hotel, Black-
awton, Totnes, Devon.

South Hants Sun Society, Stockers, North
Boarhunt, Fareham, Hants.

South Yorkshire Sun Club (S.Y.S.C.), c/o
Gallimafry, Treswell Road, South
Leverton, Nr Retford, Notts DN22 0BP.

Spielplatz, Lye Lane, Bricket Wood, St.
Albans, Herts. Tel: 0923 672126.

Springwood Sun Club, Cooks Hall Road,
West Berholt, Colchester, Essex.

Surrey Downs Club, Membership Secre-
tary, PO Box 75, Woking, Surrey GU22
7XB.

Valerian Sun Club, c/o 'Lingwood', 33
Atherley Road, Shanklin, I.O.W.

White Rose Club, Flaxton, York.

Wrekin View Naturist Club, Crin Cottage,
Kenston, Market Drayton, Salop.

Yorkshire Sun Society, c/o 50 Wareham
Close, Bransholme, Hull HU7 6AY.

RECREATIONAL CHARITY

Naturist Foundation, Naturist Headquar-
ters, Orpington BR5 4ET, Orpington
71200.

Branches (enjoy use of naturist Founda-
tion Grounds):

Bexley Sun Society
Bromley Sun Society
Croydon Sun Society
North London Sun Society
South London Sun Society

OTHER CLUBS

Berkshire Sun and Leisure, Freepost,
Bracknell RG12 1BR.

Chester Naturist Club, c/o 31 Market
Street, Hoylake, Wirral, Merseyside.

Eureka Club, Mark Wilson, Manor Lane,
Fawkham, Kent DA3 8ND.

Fiveacres Country Club, Bricket Wood,
St. Albans.

North Devon Club, Beaworthy, Devon-
shire.

Sunfolk Society, c/o 10 Pomfret Avenue,
Hart Hill, Luton, Beds LU2 0JL.

The Old Smithy, Penyfeidr, Llandeloy,
Haverfordwest, Pembrokeshire.

Woodlands Club, Fillongley, Coventry,
West Midlands.

OFFICIAL BEACHES

Ardeer Beach, Ayrshire, Scotland. About
one mile south of the town's main beach,
separated by a promontory.

Cleats Shore, Lagg, Isle of Arran, Scot-
land. At the southernmost tip of the
island.

Fraithorpe Sands, Bridlington, York-
shire. Two miles south of main town
beach.

Gunton Sands, Lowestoft, Suffolk. One
mile north of Lowestoft, off B1385.

Leysdown East Beach, Isle of Sheppey,
Kent. Half a mile to the east of the town.

Long Rock Beach, Swalecliffe, Whitstable,
Kent. Behind the recreation ground, a
mile east of the main town beach.

Fairlight Cove, Hastings, Sussex. A good
mile's walk to the east of Hastings.

Brighton, East Sussex. A short
distance to the east of the main town
promenade.

Polgaver Beach, St. Austell, Cornwall. At
east end of Carlyon Bay.

CANADA

National Organisation: The Western
Canadian Sunbathing Association, P.O.
Box 1113, Calgary, Alberta T2P 2K9.

Toronto Helios Society, RR1 Sharon,
Ontario. Tel: (416) 473-2462.

FQN, 4545 Pierre du Coubertin, C.P.
1000, Succ. M.Mtl, Que. HIV 3R2, Mon-
tral, Quebec.

DENMARK

National Organisation: Dansk Naturist
Union (DNU), c/o Ella Pihl, Fugelbak-
kevej 103, DK-2200 Frederiksberg, Den-
mark.

FRANCE

National Organisation: Federation Fran-
caise de Naturisme (FFN), 53 rue de la
Chaussee d'Antin, Paris.

There are so many clubs in France (details
from the above) that we are just listing the
naturist holiday centres.

Koad-ar-Roche, 56820 Neant-sur-Yvel.

La Herpinier, 49730 Montsoreau.

Creuse Nature, Le Cheix, 23600 Boussac-
Bourg.

Centre Helio-Marin, 33930 Montalivet.

Camp Naturist de Grayan, Euronat,
Grayan l'Hopital 33590.

Club Quercy-Agenais Naturiste, Rene
Point, La Tuque, Belaye, 56140 Luzech.

Centre Naturiste de Devese, Bernard
Lautier, 32380 St. Clar.

Centre Naturiste de Montagne, 'Les Cla-
pieres', 05100 Briancon.

Alpes et Soleil, 38650 Sinard.

Domaine Naturiste International 'La
Romegas', Mme Schilleman, 26170
Buisles-Baronnies.

Le Haut Chandelalar, Y. and P. Boisgon-
tier, 06850 Brianconnet, St. Auban.

Club du Soleil de Nice-Lévans, La Gor-
hetta, 06720 Levens.

Centre de Vacances de la Haute-Garduiere,
83830 Callas.

Domaine Naturiste de Belezzy, 84410
Bedoin.

Plages des Templiers, M. Jacques Guer-
rier, B.P. 22 Saint Ferreol, 07700 Bourg-
Saint-Andeol.

Relais de la Conche, Claude et Jeannine
Bennetot, Saint Montan, 07220 Viviers.

Le Ran du Chabrier, Mme Metge, B. P.
no. 1, 30430 Barjac.

Ran du Chateau de Ferreyrolles, 7 rue de
la Republique, 30100 Ales.

La Genese, Mejjannes-le-Clap, 30710
Saint-Jean-de-Maruejols.

Les Bois de la Sabliere, St. Privat-de-
Champclos, 30430 Barjac.

Centre Helio-Marin, 34300 Agde.

Gymno-club Mediterranee, Serignan
Nature, 34410 Serignan.

Village du Bose, Octon, 34800 Clermont-
l'Heraut.

Camping Saint Pierre, 34150 Gignac.

Centre Naturiste de Vacances, Le
Fiscalou, Puyelsi 81140, Castelnau de
Montmiral.

Centre Helio-Marin, 'La Grande Cosse',
Cabanes de Fleury, 11560 Fleury d'Aude.

Village Ulysse, Port Leucate, 11370.

Village Aphrodite, Port Leucate 11370.

Le Clapotis, 11480 La Palme.

Club du Soleil de Perpignan, Dominique
Martinez, 'Le Ventous', 66150 Arles-sur-
Tech.

Village Naturiste de Serralongue, 66230
Prats-de-Mollo.

La Sesquiere, Vieux, 81140 Castelnau de
Montmiral.

IN CORSICA:

Au Moulin et la Cascade Corse, B.P. 36,
20210 Porto-Vecchio.

La Bagheera, Anga Filippi, La Bagheera,
La Guistiniana, 20230 San Nicolao
Pietra-Di-Verde.

Le Moulin, 20210, Port-Vecchio.



The most romantic encounters are in places like this

DIRECTORY

We list the national organisations under each country. Write to them for further details enclosing stamps or international reply coupon.

Please note that the addresses printed are often for information only, not the actual address of the grounds:

GERMANY

National Organisation: Deutscher Verband für Freikörperkultur e.V. (DFK), Königstrasse 22, D-3000 Hannover 1.

We have listed only the larger sites – with room for 100 or more tents/caravans. For further details please write to the DFK, as above.

CLUBS

Familienferienzeltplatz Amrum, 2278 Wittddin/Amrum.

Strand Camping Wallnau, 2000 Hamburg 63, Overn Barg 19.

Liga für freie Lebensgestaltung e.V. (DFK), 23 Kiel 1, Postfach 3112.

Eurocamping Zedano, Reinhold Reshöft, 2435 Dahme Nord.

Bund für naturnahe Lebensgestaltung Bremen e.V. (DFK), 2800 Bremen 1, Postfach 106845.

Naturistenbund Wilhelmshaven-Friesland e.V. (DFK), D-2940 Wilhelmshaven 1, Postfach 907.

Sun Lüneburger Heide e.V. (DFK), D-2120 Lüneburg, Postfach 2641.

Bund für freie Lebensgestaltung e.V. Hanover (DFK), D-3000 Hannover, Yorkstrasse 7.

Bund für freie Lebensgestaltung e.V. (DFK), 33 Braunschweig, Postfach 1812.

Bund für freie Lebensgestaltung Hildesheim e.V. (DFK), D-3200 Hildesheim, Postfach 492.

Liga für freie Lebensgestaltung e.V. (DFK), D-4800 Bielefeld 1, Postfach 5501.

Naturistenbund Rheydt e.V. (DFK), Zedernstrasse 19, D-4050 Mönchengladbach.

Orplid. Bund für Freikörperkultur und Familiensport e.V. Darmstadt (DFK), D-6100 Darmstadt-Arheilgen, Weiterstädter Strasse 150, Postfach 110861.

Naturistenbund Trier e.V. (DFK), Christophstrasse 7, D-5500 Trier.

Lichtbund Saar e.V. Sarrbrücken (DFK), Postfach 973, D-6600 Saarbrücken.

FKK-Familiensportbund Heilbronn e.V. (DFK), 71 Heilbronn Böckingen, Postfach 51.

Lichtbund Karlsruhe e.V. (DFK), D-7500 Karlsruhe 1, Postfach 4103.

Natursportbund Schwäbischer Wald e.V. (DFK), D-7157 Murrhardt-Kirchenkirch-Berg-Feriengelande Schönrain.

Bund für freie Lebensgestaltung Stuttgart e.V. (DFK), D-7000 Stuttgart 1, Postfach 66.

BfL Sonnlund e.V. (DFK), 78 Freiburg, Dreikönigstrasse 1.

Drei-Länder-Eck, Postfach 105, D-7808 Waldkirch.

Verein der Saunafreunde e.V. (DFK), D-1000 Berlin 19, Rognitzstrasse 8.

GREECE

National Organisat: Hellenic Nativist Federation – Secretariat 6, Filomilas Str., GR 145 65 EKALI, Greece.

HOLLAND

National Organisation: Nederlandse Federatie van Naturistenverenigingen (NFN), Postbus 783, 3500 At Utrecht. Visiting address: 20 Janskerhof, Utrecht. Tel. (030) 328810.

There is a special division of NFN where one can obtain information, brochures and entrance conditions of the affiliated naturist clubs: Commissie Voorlichting NFN, P.O. Box 103, 2700 AC Zoetermeer, Holland.

There are no obstacles in Holland for singles (male and female) for visiting the club grounds or for becoming a member of the NFN-affiliated naturist clubs.

IRELAND

There is a naturist group in Belfast, Northern Ireland, and another in Dublin, Irish Republic.

For details write to Irish Nativist Association, P.O. Box 1077, Churchtown, Dublin 14.

Club Aquarius & Nativist Information Centre. Both at 78 Francis Street, Dublin 8.

Cork Nativist Club, PO Box 6, Middleton, Co. Cork.

Northern Outdoor Association, P.O. Box 10, Bangor, Co. Down, BT19 1UX.

ITALY

Two National Associations in Italy. They are:

Associazione Naturista Italiana (ANITA), Via N. Bixio, 32, 1-20129 Milano.

Unione Nativisti Italiani (UNI), Castella Postale 185, 1-10100 Torino.

FeNalt, Giuseppe Ghirardelli, Via Ciro Menotti 31-3 1-20129 Milano, Italy.

IVORY COAST

National Organisation: FIN, Club de Soleil d'Abidjan, II Boite postale 1218, Abidjan II, Cote d'Ivoire.

LUXEMBOURG

National Organisation: LNL, BP 1626, 1016 Luxembourg 1.

MOROCCO

SCI Le Soleil, c/o Lt. Col. Landrin, 15 rue des Tuileries, Casablanca, Morocco.

NEW ZEALAND

New Zealand Nativist Federation, P.O. Box 957, Auckland, New Zealand.

NORWAY

National Organisation: Norsk Nativistforbund (NNF), Postboks 189, Sentrum-N0102 Oslo 1, Norway.

PORTUGAL

National Organisation: Federacao Portuguesa de Naturismo, Apartado 3232, 1306 Lisbon.

SOUTH AFRICA

National Organisation: SANFED, c/o Beau Valley CC, P.O. Box 326 Warubaths 0480, South Africa.

SPAIN

National Organisation: Federacion Espanola de Naturismo, Castel del Rey 99, Apartado 301, Almeria.

Club Catala de Naturisme, Mallorca, 221, 3er, 2a, 08008 Barcelona.

SWEDEN

National Organisation: Sveriges Nativistförbund (SNF), Box 4279, S-20314, Malmö.

SWITZERLAND

UNS, Secretary: Adolf Rebsamen, Honeggweg 6, P.O. Box 85, CH 3138 Uetendorf.

USA

Two National Organisations: American Sunbathing Association, Inc., 1703-E North Main Street, Kissimmee, FL 32743, USA.

National Nudist Council, POB 953, Highstown, NJ 08520, USA.



And some of the strangest relationships are borne out of a struggle

CONTACT ORGANISATIONS

Network International Coordinators, 55 Broadlands Drive, Alverstoke, Hants, Gosport, Hants. PO12 2SB.

Run for the benefit of all naturists who are interested in other people and their way of life. Accepting bona fide naturist couples and ladies, at present to expand world members list.

NATIVIST GUIDEBOOKS

The following are particularly useful:

Free Sun by Phil Vallack, £5 mail order from Phil Vallack, 16 Viewbank, Hastings, Sussex.

Nativist Guide-book, £3.50 mail order from Coast & Country Publications, 3 Mayfield Avenue, Scarborough, North Yorkshire, YO12 6DF.

CLASSIFIED ADVERTISING

WORLDWIDE NEWSLETTER. The latest from the Nativist Front. Only \$4.00 a year. U.S.A. For information write to Postbox 281 Waddinxveen, Holland.

Costa Natura apartment to rent, sleeps 4. Two balconies, £135 per week. U.K. owner. Tel: 01049-511602921, evenings and weekends.

BRITAIN'S MOST EXTENSIVE NATIVIST FACILITIES are provided by

THE NATIVIST FOUNDATION

which is registered as a National Recreational Charity: All-year-round enjoyment for people in and around Greater London (priority to young people and families). Holiday sites for campers and caravanners living further afield. ALL are invited to subscribe in support of our general work for the public benefit.

Stamps for details or £2.50 for comprehensive handbook "Nativism in Britain", to:

HELEN JONES, NATIVIST HEADQUARTERS ORPINGTON BR5 4ET

FORGET THE FAGS, BOOZE AND MEAT, GET OFF ON THE PURE CLEAN AIR— SERIOUSLY!

Its no longer 'in' to be a 'sinner'. The fashionable young aren't into the Smokey Joe, fat food, pissed up living—they're happy to be called the 'New Puritans'. And where better for them (and the rest of us) to spend our hols than a naturist resort bang in the middle of the Swiss Mountains? By Erwin Geyer.

'S'urrounded by lovely woodland, in an area with lots of wonderful walks and plenty of sun—that's how we found Schönhalde, the charming site belonging to the naturist organisation, 'Zürcher Lichtkreis'. Schönhalde—in English 'lovely hill-side'—certainly lives up to its name. It's situated 620m above sea level on a site which has lovely views, on the south-west side of the Albis chain above Affoltern-am-Albis near Weiler Wänge in the Aeugst-am-Albis district, well away from the noise of industry or traffic. From Zürich the journey takes only 20 minutes by car.

Schönhalde is an excellent find for naturists. Even though meat, alcohol and tobacco are forbidden on the site, and the members and their guests stick firmly to the rules. Perhaps this is just so that we are gently forced to enjoy the sunny days and healthy air away from poisonous influences. Guests and children are always welcome among these Swiss naturists and the area round about is ideal not just for walking but also for excursions to the large Swiss city of Zürich (20 minutes journey), to the lovely town of Zug on the idyllic Zugersee (15 minutes journey) or to Lucerne (30 minutes).

If you want, you can easily reach the mountain beyond Schönhalde. Or how about a trip to Rigi. 'Queen of Mountains' (1800m), Europe's most beautiful pyramid-shaped mountain, with



magnificent views all round of the Alps and the shores of the Vierwaldstätter lake?

If this enticing offer lures you to Schönhalde, you won't regret it; all your party will enjoy the sunny and mist-free site. Here you can play games on the grass or on the hard

surface, or try table-tennis.

There's a small playground for children, a lovely swimming pool, two small kiddie pools, and above all, relaxation in clear light and pure air. There are parking facilities for cars as well as areas for tents and caravans.

Guests can also use an old farmhouse with a kitchen and a traditional room with a tiled stove and cooking facilities. There are plenty of showers and toilets. If you don't want to camp, you can stay overnight at the farmhouse for the very reasonable price of SFr6-10. per person, but take your own sleeping bag or sheets.

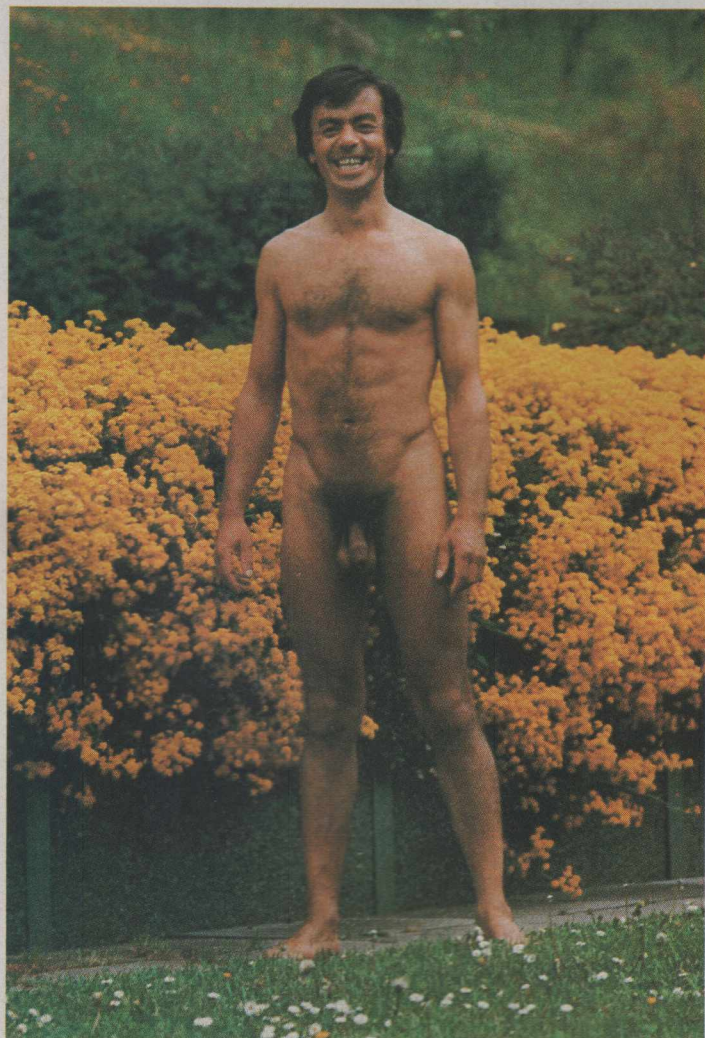
If somebody at Schönhalde calls you by the familiar 'du' form usually reserved for friends and family, it's because in Switzerland all naturists call each other 'du' to show their friendship and hospitality. The two things which we remember most about our stay last year are the plums and apples which we took free from the trees, instead of buying them, and the realisation that people everywhere are the same, just like you and I.

The Schönhalde site belongs to the naturist association, the 'Zürcher Lichtkreis' (about 40,000m²). Around 206 naturists (families, single people and children) belong to the association. All the building and other work on the site was carried out by the members themselves. The Zürcher Lichtkreis (ZLK) is organised as part of the A-Group of the 'Organisation Naturiste Suisse' in Thielle.

Address: Zürcher Lichtkreis, Postfach 106, CH-8057 Zürich. Site: Zürcher Lichtkreis, Sonnenbad Schönhalde, Wängi, CH-8914 Aeugst am Albis. Telephone: 01 761 35 40 (Saturdays and Sundays only).



At 'Romerweg' Zürcher Lichtkreis



A healthy stay is almost guaranteed here



There's plenty to take your mind off your normal 'sins'

FIND SOMETHING TASTY TO STIR IN YOUR CAULDRON



Red laver is easily found on your favourite beach



Whether it's Moules Mariniere in the South of France or Paella at Costa Natura no holiday, in any part of the world, is complete without a sampling of the local delights. To return home without tasting the culinary delights of the area is like coming home without a tan.

South Wales (UK) is not what you can call a naturist hot spot but we too have our share of good things to eat. We have cockles, small shellfish not unlike mussels, sort of poor man's oysters; Caerphilly cheese, Bara Brith a sort of cross between buns and rich fruit cake



Ever tasted Bara Lawr? Then according to several Welsh men and women you haven't lived! Bara Lawr is Welsh for laver bread, which is made from seaweed. It's full of nutritious stuff, and can only do you good. You can even make it yourself, from seaweed to be found in many countries. At first, the whole taste and idea of stirring up this gooey mess seems bizarre – but you may grow to like it! By James Lewis.



and Welsh Cakes which are flat scones made on a heavy cast iron hot plate.

But the piece de resistance, the ultimate in Celtic cuisine is 'Laver Bread' or to give its Welsh name, Bara Lawr.

Laver bread is made from seaweed, and is not only delicious, though I must confess it does not look it, but it is also very good for you.

Laver Bread is rich in iodine, a mineral essential to good health as the thyroid gland does not function properly without sufficient iodine.

It is also a rich source of vitamins B and C and iron. Vitamin C is essential

for healthy skin, bones and muscles and in helping the body to resist infections. Iron is an important agent in helping the body take up oxygen into the bloodstream.

A traditional part of the Welsh breakfast, Laver bread is rolled in oatmeal (this is optional), fried in bacon fat and served with bacon and eggs.

Purple Laver, or Red Laver (*Porphyra Umbilicalis*), from which laver bread is made is quite common. Laver bread is eaten on both sides of the Bristol Channel and in Scotland and Ireland where it is known as 'Stoke'.

Seaweeds of the same family are common in Japan where they are also a popular delicacy. The Japanese dry the seaweed and use the resultant wafer thin sheets to wrap other foods, such as rice to form a sort of sandwich.

If you are the sort of person who likes to try new and interesting foods and I have whetted your appetite, I have good news for you, Welsh laver bread is now canned and exported.

Drangway Foods Ltd, 65 Wind Street, Swansea, SA1 1EQ, U.K. send canned laver bread all over the world. Packs of three cans can be sent anywhere in the



Several interesting specimens,
and quick stop for some laver on
the way home!



U.K. for £4.95 or anywhere in the world for £9.

Here is even better news, the seaweed used to make laver bread is quite common, so you can easily pick and make your own.

The beaches of South Wales and North Devon are covered in it. My own favourite local naturist hideaway cove certainly is and the odds are that if you live in Britain or Northern Europe yours is too.

This is equally true of the coasts of North America, Australia and New Zealand.

Red Laver is usually a very dark almost black colour, with a reddish purple tinge, though it is sometimes greenish. It grows between the high and low water marks and is very easy to gather when the tide is out. Look for it particularly on smooth rocks.

From a distance it looks rather like oil on the rocks. Close, you can see it grows in quite wide gossamer thin leaves. (It is not unlike the black plastic used to make refuse bags in appearance.) The leaves float in the water but at low tide they hang limp over the rocks, hence the oil-like appearance.

Red Laver is common on U.K. shores and it is also found on the Pacific coasts of North America and in Australia and New Zealand.

For the geographically minded, Por-

phyra Umbilicalis extends from 15° to 71° North, and from the Cape of Good Hope to 60° in the Southern Hemisphere!

That would include the shores of Scandinavia; The Netherlands, Belgium, France and Germany. So, wherever you get your H & E you'll probably be able to find the ingredients of a delicious Laver Bread breakfast on your favourite beach.

Red Laver is very distinctive because it does not have the air sacs other seaweeds have to make them float. So, if you follow the description I have given, you should spot it easily. In fact most seaweeds are edible and only one is poisonous, that is *Desmarestia*, which is brown, and has a highly acid cell sap.

Here's how to make your own Laver Bread. Simply gather some Red Laver, just pick it off the rocks then wash it out in a rock pool to get the worst of the sand out. Squeeze it as dry as you can to get the water out. This makes it weigh less to carry home to cook! Come prepared with plastic carrier bags.

It is worth collecting a good bag full because the Laver has to cook for quite a long time so it's more economical to cook a lot at once, especially as it will keep indefinitely if frozen.

At home, wash the Laver thoroughly to remove any sand trapped in it. Put about 1½ inches (4cm) of salted water

in the bottom of a large pan and put in the seaweed, pushing it down tightly to get as much in as possible and cover with a tight lid. Bring the pan to the boil and then simmer as gently as possible for 8 – 10 hours.

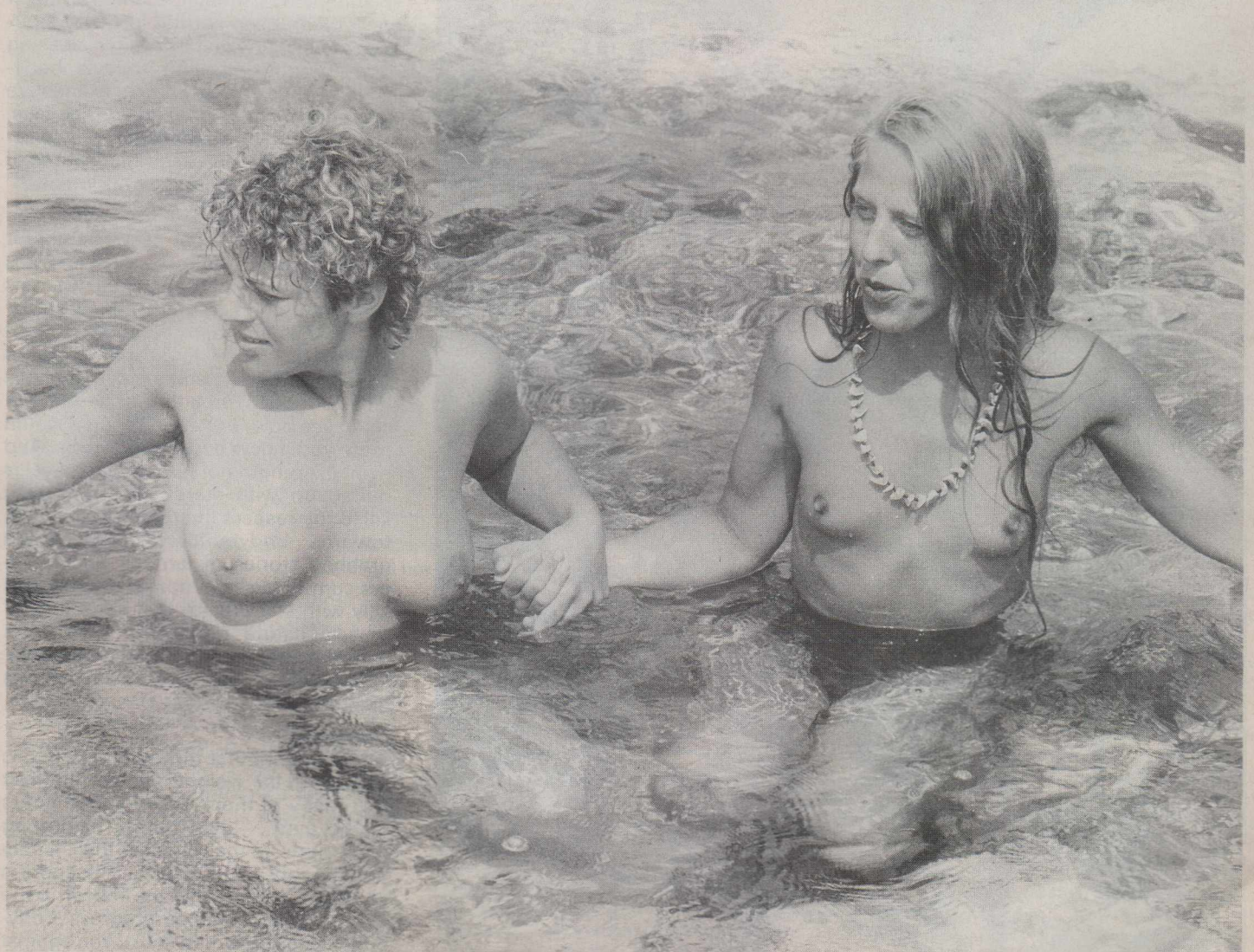
Once cooked the Laver is put through an ordinary mincer and it comes out as a thick black gooey paté.

This 'paté' is the 'Laver Bread' which you fry with bacon and eggs and serve hot. It also goes well with mixed grills and fried potatoes. Some people like it on toast.

Laver Bread is very rich in taste and about four ounces, a generous dessert spoonful is an ample portion. One pound will serve 3-4 people. Put the rest of your haul into small plastic bags and pop them in the freezer for future use. Empty plastic margarine tubs are ideal for freezing laver bread. An eight ounce tub holds a good serving for two people.

As with other frozen foods Laver Bread should not be thawed then refrozen.

If you prefer taking your sun strolling along the beach vertically rather than lying horizontal, Laver is worth looking out for. It is quite fun to make, you end up like something out of Shakespeare's 'Macbeth', as you stir your black bubbling seaweed. But I promise you, once tasted it is never forgotten.



You might easily find yourself tangled up in tomorrow's supper!

MEN! PUMP UP YOUR IMAGE!

In 12 Weeks



Strong men have no fear of the beach (even sandy ones!)

Bodybuilding like any other form of sport or pastime has evolved, it has yet to come full circle; such famous names as Steve Reeves, John Grimek, Chuck Sipes and many other naturals cover the 'healthy' span of the sport through the 40s, 50s and mid-60s. Thereafter things began to change and not for the better either. The idea of pursuing a sport for health and fitness was suddenly taken over by capitalistic gains in respect for huge muscles and unsightly 'road map' veins instead of the original rounded shape with complementary muscle mass.

'Drug-taking killed the public's respect towards bodybuilders'

Johnny Weismuller — the Tarzan of yesteryear, used natural forms of exercise and healthy diet to attain a pleasing form of physique but today's bodybuilder goes for the burn; exhaustive repetitions, works until blue in the face, and cuts down dramatically on carbohydrates — the body's natural source of energy. Some end up nervous wrecks.

Charles Atlas

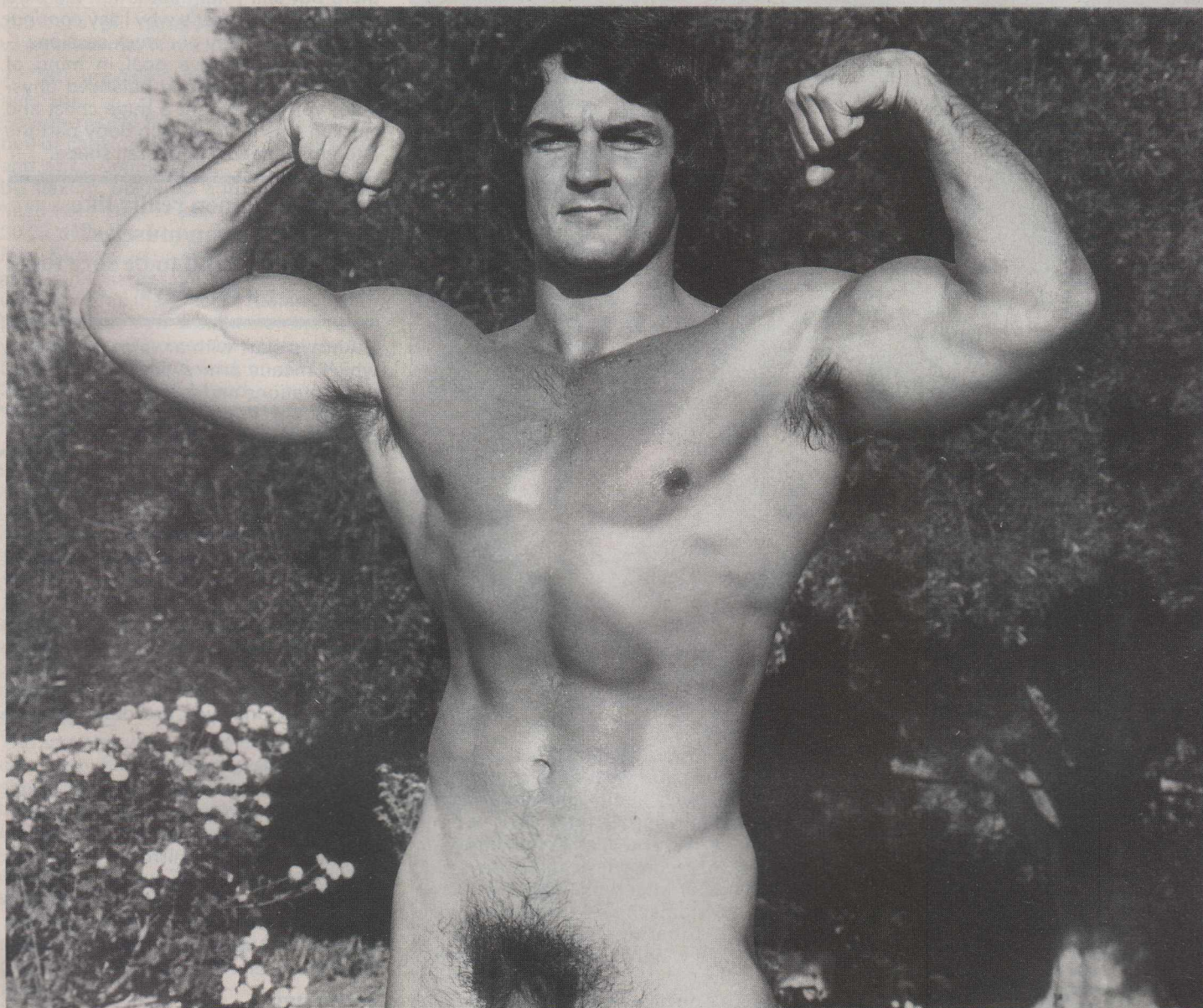
I feel the man most responsible for bringing health, fitness, muscle mass and strength together was Charles Atlas; his courses were very popular right up to the early 70s. He gave a lifestyle to those in search of good physiques and matching health, not like today's image. Through his courses one could see how 'Dynamic Tension' could forge you a new body in 12 weeks. And he had strength not just showy muscles puffed up with steroids! Drug taking killed the respect the public had, if any, towards bodybuilders. Newspapers grabbed stories of famous bodybuilders-cum-actors pumping themselves silly with steroids for that extra inch of muscle nature refused to give them with the loss of an inch or two somewhere else — ever seen bodybuilders posing in their trunks?

Narcissism

Another point that turned off the public attitude to the weight men was the fact that many of them would spend hours in the gym — gym bums; neglecting other parts of their life like their family or even jobs. And because the sport is so highly competitive the mirror is the only sure guide of their progress. Bodybuilding is a one man sport, you against them; there's no real teamwork be-

Bodybuilding has gone over the top. If you want to be a professional you'll need to achieve gross proportions (masses of unsightly bulges and veins – ugh!), and probably through the use of drugs (such as steroids).

But don't let this put you off! After 12 weeks of weight training (2-3 hours per week) any man can cut a mean and handsome figure on the beach (sand or no sand). By Duncan Phelps



You might not want to stand like this – but wouldn't it be nice to be able to?

cause only you can be the winner – or loser. The same with narcissism.

Competition

As many hours are spent puffing, groaning and pumping the end result being that local, national or international competition, people get psyched up, emotions too, to the point where they are counting the carbs and fats – not the pounds spent on food supplements. Just for a title or trophy which has no clout in the real world. Some guys finance their sport by appearing nude in many of the 'gay magazines' around but they are usually the men who will never really make it

anyway. However some have posed and been found out at a later date much to their embarrassment. Of course, some bodybuilders are gay and not necessarily the butch type either! Do women really like gargantuan muscles?

The self-conscious

Most men would like to have a better physique and besides wanting to have a bigger penis the next thing many would like is large biceps and a broader chest; most women would like to see all three and more on men because they have a sharp eye. A lot of men think they can't do much about their present shape or don't know how to go about it; another

type feels his physique is brilliant and prefers to keep it that way with little effort or none.

But for the former two mentioned the first steps lie here in H & E, the second step is determination and continuity; essential for any real gains and lasting results.

If you are self-conscious or sensitive about your present physical or state of health then put aside 12 weeks to see a dramatic change in your well-being. It may not all be muscle, it may be weight loss and better health, it may mean slipping into clothes you discarded as being too tight fitting. It could mean a new psychological you.



Now here's a fine figure we can all admire
(but was it down to bodybuilding?)

Do it at home

The one good thing about exercising and in this case weight training (exercising with weights) is they can be safely done at home. If you become a fanatic you can equip your room into a gym for under £500.00 giving you all the essential weights, machines, etc. to fully appreciate your new hobby. If you are shrewd you can check local papers and marts where you can find a few bargains from private sellers or local sales.

For the exercises given here you will just need a set of dumbbells, either solid (cheaper) or disc loaded (more expensive) which can be bought from sports shops or department stores. They will cost around £25 for solid dumbbells (25lb gross weight). Disc loaded dumbbells can be upwards of £30. You can build disc loaded dumbbells to heavier poundages, therefore giving you more flexibility as your strength progresses.

You will also find that any weights (courses) enclose full instructions which show you through photographs exactly how to perform each exercise to full effect. It's prudent to mention here that if you are over 35 years of age and/or haven't exercised for many years consult a doctor for a physical check-up before proceeding with any of

the exercises listed here.

Routine it

Get into a routine of regular exercise, do it 3 times per week starting off without too much strain and increase resistance as you get fitter. Find a time that suits you and stick to that time, i.e. Mondays, Wednesdays and Fridays say mornings or after work. Never exercise on a full stomach and never hold your breath; breathe in deeply when lowering a weight and out as you exert yourself.

There's no need to train for more than an hour on your exercise days, in fact after your 10th week try to cut down on your workout to $\frac{3}{4}$ hour, which means you will have less time to rest between sets thus working your muscles more. You are bound to be sore for a few days after your initial training programme but this is natural as your muscles are getting accustomed to the new rôle placed upon them.

Diet

Muscles need protein to grow which means start to eat healthily, plenty of fish, moderate meat input, eggs, cheese, milk and plenty of fresh vegetables. Don't stuff yourself but eat little and often.

If you become a fanatic try some pro-

tein food supplements from your health store. And remember with some hard training, only when you are ready, you can add better shape to your physique as well as building some muscle. Big muscles *don't* necessarily mean big strength; this is a myth. Aim for all round development.

The Training Programme

As body types are different some of you will notice rapid gains in muscle with loss of fat too while others will take that much longer, then there's those in between who gain muscle here and there but still retain some fat. It's all a process of time that's why I say *continuity* – regular 3 day per week sessions – every week. Keep a goal in mind of good muscle tone and balanced physique; you don't want a huge chest and chicken legs so give each body part the attention it needs for overall shape.

'Do women really like gargantuan muscles?'

'You are bound to be sore for a few days'

Always start with a warm up session which means arm swings, touch toes, neck rotations and running on the spot. Spend 3-5 minutes doing that then move on to the routine as shown:

1. Press-ups

Attempt to do 10 press-ups breathing in on the way down and out on returning. Over the weeks as this becomes easy add 2 reps per week. Now get your dumbbells (12½lb each) and lie on the corner of the bed – which allows your arms to drop either side, hold upright to begin with then lower on to your chest, then push upwards to starting position 1 × 8-10 reps for the first week then add 1 each set until you are doing 3 × 10 reps per session.

2. Lateral raises

Stand upwards dumbbells at side, breathe out and try to raise the dumbbells together to just past shoulder height – check in a mirror if needed. As you lower breathe in, wait a couple of seconds and raise again until 8 reps have been done. Over the weeks work up to 4 × 8 reps only. Helps broaden your shoulders.

3. Arm curls

Stand erect as before weights resting on your thighs, breathe out and raise the weights together until they touch your shoulder (between chest and shoulder), lower and breathe in. Try 8 reps without swinging them up. Each week add 1 set until you are doing 4 × 8 but slowly, keeping the tension on those biceps.

4. Bent over rows

Bend over at waist, back flat with weights in hanging position straight down. Breathe out and raise weights to chest region, with elbows pointing outwards from the body. Attempt 8 reps lowering right down and breathing in as doing so. Work up to 4 × 8 over the weeks. Widens the back muscles.

5. Forearm curls

Rest your arm over the bed or anywhere suitable then keep the forearm still and relax the wrist, now just curl the weight up to a peak of movement and lower. Do 10 reps if possible and alternate wrists. Eventually work up to 4×10 over 12 weeks. Builds strong forearms.

6. Windmills (no weights needed)

Feet 18-20 inches apart, bend over at waist, arms out laterally, breathe normally and attempt 50 alternate touch toes, twisting from side to side keeping the back flat throughout. Work up to 200 reps per session from your 6th week onwards. Trims the waist!

7. Sit ups/Leg raises (no weights needed)

Sit ups involve hooking the feet under a bed or chest of drawers etc., knees bent and arms behind head. Try 10-12 reps by flexing upwards and getting your head near your knees. Work up to $4 \times 20/25$ over the 12 week period if possible. Flattens your stomach. Leg raises are a trifle harder, lie flat on your back with arms at the side for balance and feet together, now breathe out and raise your legs to 45° , breathe in and lower. Start with 8-12 reps working up to 4×20 over the 12 week period.

'Training at home can be fun'

8. Squats

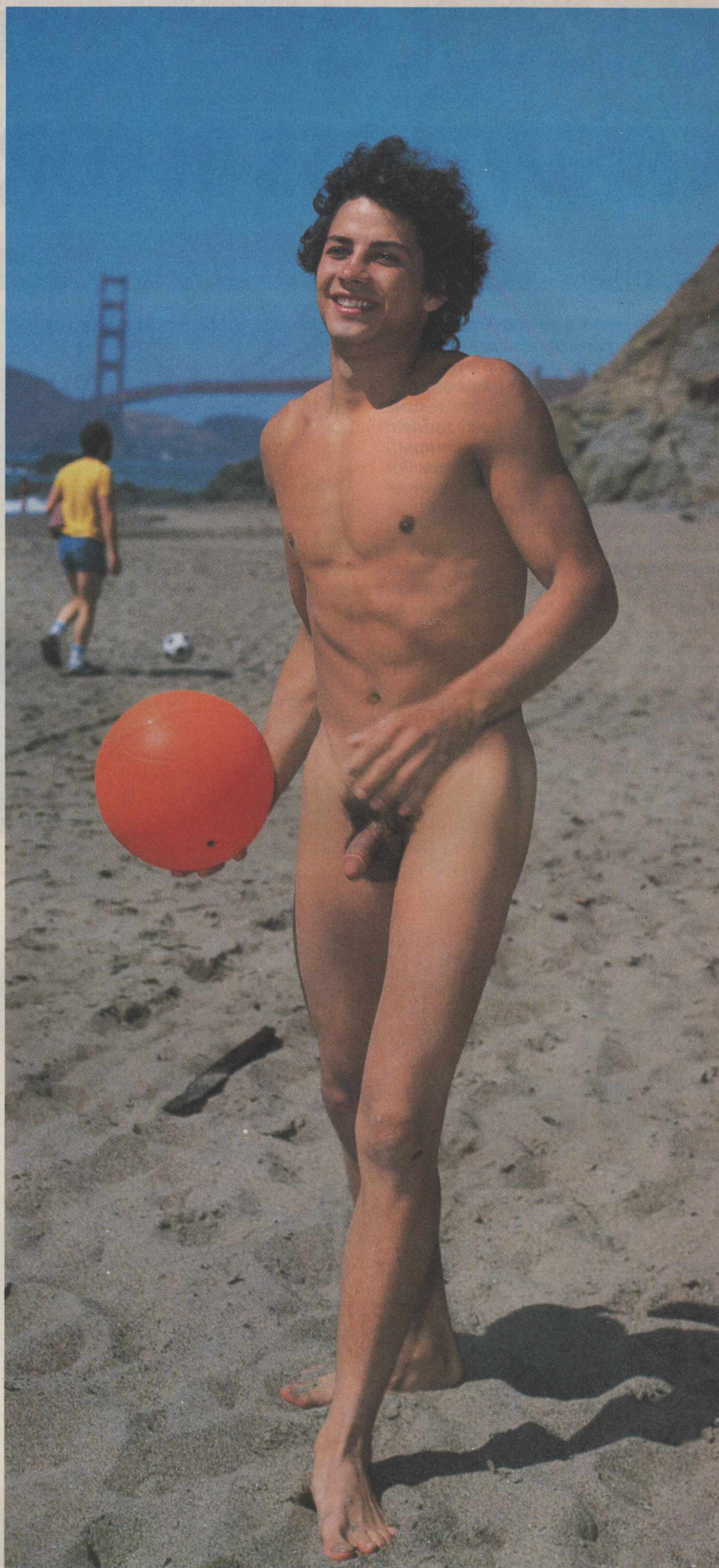
Place dumbbells on shoulders, elbows inward and stand erect, breathe in and lower to parallel position, breathe out and return. Keep up an even tempo of say 15 reps if possible working up to 4×15 over the 12 week period. Add an extra set when you can cope with it as this can be a hard exercise. It's good exercise for the heart as well as your legs.

9. Calf raises

The same position as the previous exercise with feet together, dumbbells on shoulders, breathe out and go up on tip toes, breathe in and lower. If you lose balance try without weights for a while until you get used to it. Go for 15 reps with weights or 20 without but don't strain yourself. Eventually, build up to 4×25 with weights by the time you complete the 12 week programme, add great shape to the calves.

Keep it up

There you have a complete fitness and muscle building programme, remember to regularly exercise and eat plenty of high protein foods. And the harder you train towards the end of the programme the better your results will be. Training at home can be fun, turn on the stereo and get pumping; you may well want to know more on weight training or bodybuilding so I suggest you go to the library or bookshop where there are plenty of books on the topic. Muscle in the action that will keep you fit for life and discover for yourself why the strong men of the past thrived on it. Reach for those weights now and with ordinary people using weights for health and fitness perhaps bodybuilding will come full circle in the not too distant future.



Forget the bulges and veins — to be young and virile looking must be a fine aim

CHICKEN, CHIPS AND CANDYFLOSS IN CORFU

Before I make any comments about any one particular place in Corfu, I have to point out that it is a fairly big island as they go, with a disproportionately high number of holiday resorts for its size. The income from tourism must be staggeringly high in comparison with most of the Greek Islands. For *this, and other reasons, Corfu is unrepresentative of most of the others.*

Also it is very much a divided island inasmuch as some people will love it and never go on holiday anywhere else and just as many will go there once, promptly throw up and vow never to return.

It depends partly on which resort you visit and partly on why you chose Corfu

in the first place. You have my sympathy, for instance, if you came to this ancient isle to poke about in the archaeological sites and picked a hotel in Benitses. Equally so, if you went to Aghios Georgios expecting to find a couple of dozen discos where the ladies are invited to bring their own cameras so that they can photograph our 'Internationally famous nude male act', you have wasted a few pounds on a roll of 1000 ASA film. There are places where you can get either, but it is 'Horses for Courses' here, Ducky, and you sure have got to do your homework very thoroughly.

Because of the number of resorts it is quite impossible to research the island

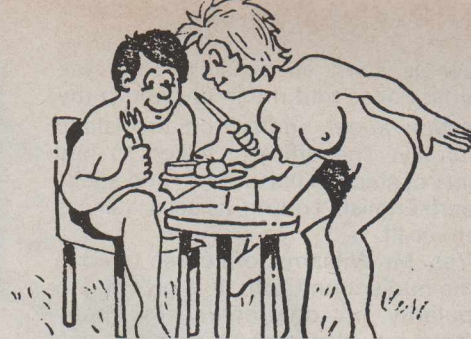
adequately in two weeks, and so I made two visits consisting of a fortnight in the North followed by three weeks in the South. For the same reasons it is not possible to record everything in one article which explains why you will be getting this incredible bargain of two for the price of one.

I know you like these little stories and I have two for you right now. First you should know that as a rule when I sit down to write, inspiration comes fairly readily or, in an extremity, can be put into gear with a couple of shots of brandy. But writing about this place is giving me trouble. There were four drafts before I felt like putting it on to the word processor and the reason is that one moment I am recalling pleasant moments like going into the vine covered taverna at the end of Afios Beach with my new chums from Boston, and the next I am remembering something not about Greeks or Corfu per se but about their reaction to some of the dreary little prats who go there on holiday. All this makes me feel sick at a time when I am trying to be objective and impartial.

The second parable concerns my first visit to Corfu, some ten years ago as the second part of a 'Two-Centre' deal. The first week was at Gaios on the island of Paxos, and apart from the mosquitoes, this was as near Paradise as you can get without departing this world. The second week we were transferred to Corfu. After the boat passage we had lunch in Kerkyra, which seemed pretty civilized, and then we were dumped in Ipsos some 15kms North on the coast road. The hotel itself was reasonable but the staff were insolent and surly, they obviously had had enough of tourists and I am not surprised because not a night passed without the shouting and screaming of revellers, and not a morning arrived without the sound of broken bottles being swept up. The beach was a nasty, narrow little patch close to the main road where you could sit breathing in the Diesel fumes all day. Ipsos is not alone – there are plenty more places just like this where the local population can hardly be blamed for deciding to screw as much money out of the louts as they can and hope that not too many windows are smashed. Fortunately the place I chose in the North was not like that, but it had its faults. So here we are, in mid-September, based Aghios Georgios for two weeks.



If your idea of Corfu is a coachload of eighteen year olds just flown in, making signs at another coachload of eighteen year olds, ready to embark on two weeks of guzzling booze, drowning out any surrounding noise with their songs and generally getting laid or laying the entire occupiers of Rows 16a-50d from the plane – you probably won't be disillusioned. But if you want quiet sandy beaches, hassle-free nudism and an intimate good time with your partner you needn't be disappointed. It's a case of knowing where to go and what to expect. By Edward Williams.



Aghios Georgios

I have to point out straight away that there are two St. Georges-by-the-sea. The one we are discussing is close to Paleokastritsa up in the North-West corner. The other one is down South near Argirades.

So – how do we get here? Well, of course in a really highly developed tourist centre there is never any trouble getting there. There are direct flights from a number of UK airports to Corfu International Airport near Kerkyra, the capital. About two hours in the aircraft only and then the coach takes you over the mountains via Skripero, Troumbelas and Pagi which takes another two hours.

I was booked into the Merika Taverna on a half-board basis and while the rooms were up to the normal taverna standard, it was a classic example of the stupidity of 'half-boarding' in anything other than a good hotel with a reputation to keep. You pay for your evening meals two months in advance and then if you are fobbed off with a load of rubbish you are either lumbered with it or you pay a second time to get a better meal somewhere else.

At the Merika the half-boarders were very definitely the second class citizens. On my first evening I waited 1½ hours for service and when the food finally arrived it was chicken and chips (take it or leave it) and so-called 'Greek Salad'

which was simply a couple of slices of cucumber and a tomato. The dining room staff of two youngsters was far more interested in serving outside customers, running the bar or going through the pathetic routine of smashing a few plastic plates.

I think the trouble really was gross understaffing. The father of the family stayed in the galley, doing the cooking, from 0730 until 2200. Mum did all the laundry and in the process ran off all the hot water from the solar panel system, the elder daughter (very preggy) ran the minimarket single handed from 0800 till 1900 and the dining room with 30 odd tables, plus the bar and the syrtaki routine was done by the son-in-law and the younger daughter. I soon learnt to go along the beach to the Taverna Delfini but let us say straight away – it is a sandy beach and good as they go, and that should bring us to the point of discussing suntans instead of hassle.

He don't half speak his mind, don't he Gert? Yes I do and that's what comes of being non-aligned except in matters concerning the fair sex. Back in your basket, Williams, Jhildi Karoa. Can I go Walkies along the beach, now?

The village is quite small – 'tourist development' has been slow either by design or by accident. The Merika Minimarket was the only one and there were two small souvenir shops at the end of the road from Pagi. There is one hotel

but other new development seems to be confined to a small number of apartment houses and tavernas most of which were very good. After about 400 metres along the sand the tavernas end and it is good sand until you come to the headland with the village of Afionas perched on top. At this end there are two or three tavernas and by common consent this is the end where nudism takes place and, in fact, has done for a number of years now.

Every day there were 20 or thirty regulars from Germany, France and the UK plus a few obvious 'first timers' who were taking soundings very cautiously before casting the final clout. Also, however, during the time I was there we had three objectors voicing their opinions. The first was one of ours and the sort of chap who had heard about this end of the beach, made some excuse to his wife and set off to find out if it was true. Having discovered that it was indeed true, here was his source of power for the day. Righteous Indignation. He could well have one of the quite a few who daily let us know of the business acumen in deceiving the DHSS well enough to pay for the holiday. Corfu seems to attract that sort.

The other two objectors were a local fisherman and his wife who called down the fire and brimstone from time to time. I understand they were in the thick of a dispute between Afionas and Georgios authorities concerning who owned how much of the sandy beach. In other words who was going to scrape off the lion's share of the tourists' money. Suffice it to say that by now I had decided to find out the facts from the Tourist Police in the capital without further delay.

KERKYRA

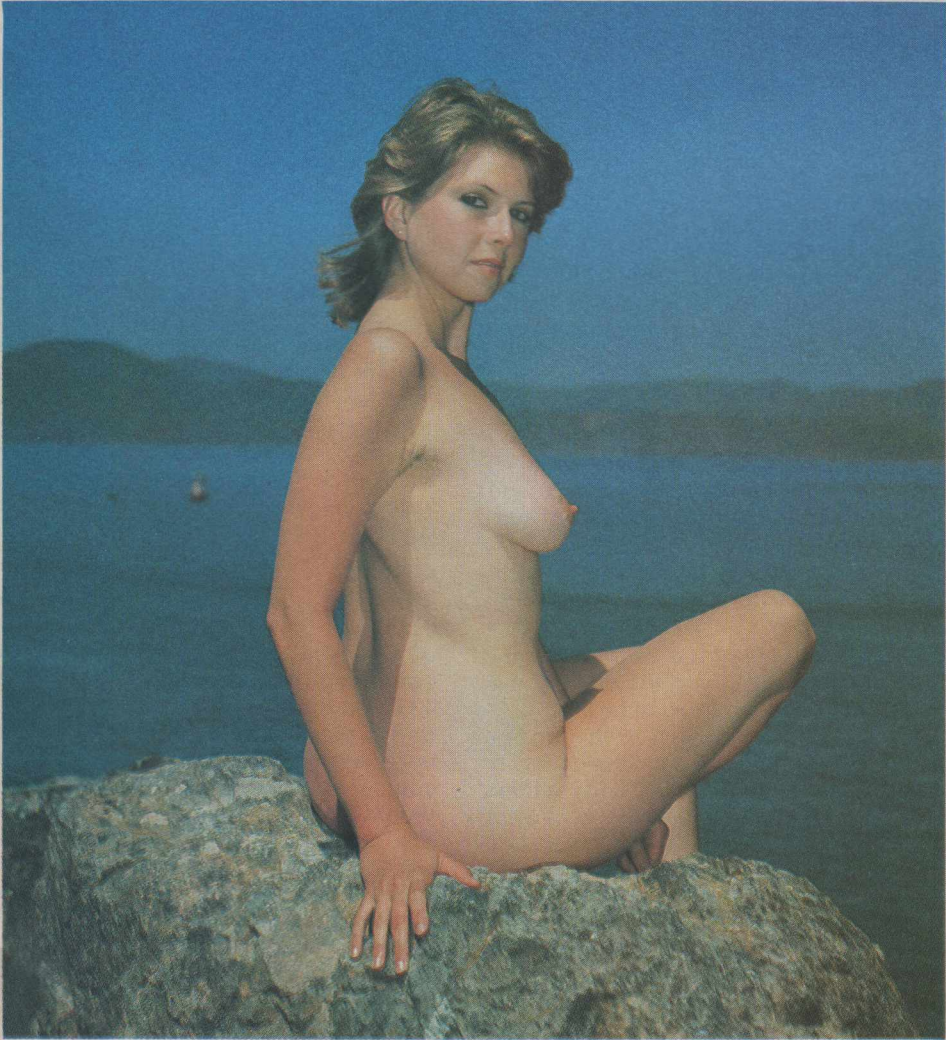
The KTEL bus to the capital leaves at 07.00 and only operates on three days of the week. The journey takes two hours and the return leaves Kerkyra at 1330, so there is only about four hours to explore this interesting town unless you pay for another hotel room for a couple of days. A taxi for the return would cost around £15 instead of the 65p bus fare. I labour this point a little because in this part of Corfu once the tour operator's coach has planted you in your resort, escape is not easy and most visitors tend to stay put until the coach comes to take them back home.

I will leave the description of the capital for a while because you will want to

know as soon as possible what the Tourist Police told me in answer to my question about nudism on the island generally. The officer I talked to had plenty of stars on his uniform and spoke superb English. I quote, as accurately as I can recall.

'Yes, Mr Williams, of course there is some nudism on Corfu. It is growing in popularity, not only among the many visitors but also among many of the younger Greek people. Both I and my wife like doing it and we go to Mirtiotissa Beach near Glyfada (and he marked the place on a map for me). But you must always bear in mind that the law has not been changed and for a very good reason. If something really unpleasant occurs, and we have had cases of this sort to deal with, the law is still there upon which we can act. We still have the tools to finish the job, if you like to put it that way, but if it is simply innocent nude swimming or suntanning we are not likely to take any action. We have plenty of other problems involving some of the tourists to worry about.'

Well now – that is what he said – he did not elaborate on what the other problems might be and of course I did not ask him. I had seen nothing more out of the ordinary at Aghios Georgios than a young French couple on the beach who apparently were unable to wait until it got dark, but even so they had dug a shallow trench in the sand and were at least half concealed. Not



very exciting, and having had fifty odd years to work through the Kama Sutra, I don't think I learnt much either.

Later, back in Ag. George, I asked one of the taverna owners at the nude end of Afionas beach what he thought the 'other problems' might be. He said that the new 'No Suntanning' sign had been put up on the beach because the previous year there had been quite a number of foreign sexual athletes on the sand, but apart from that the only thing he could think of was trouble at night with Greek motor-cycle gangs in Paleokastritsa, a few kilometres away.

I can't think that the Kerkyra police, two hours journey away, would be all that exercised about either of those and I was not in fact to find out what sort of thing did upset them until I went to Kavos three weeks later. I didn't like what I was told then, and I think you will not like it much either when I tell you about it at a future date.

In the meantime let us have a quick look around the capital.

This is a really attractive old city, bursting at the seams with history because so many different invaders have occupied Corfu.

In the last 500 years alone there have been Venetian, French and British proprietors. Unlike the rest of Greece however, the Turks failed to leave their mark for once, in spite of several attacks.

One of the sights you can hardly miss seeing is the old fortress, surrounded by the moat. Unfortunately there has been some vandalism and general

maintenance has been neglected, but nevertheless outdoor concerts and the like are still held there.

A second Venetian defensive location to guard the approaches from the North-West is still referred to as 'The New Fort'.

Another 'must' is the hodge-podge palace built for the Empress Elizabeth of Australia in 1890, who seems to have made up for her marital misfires by planting a load of statues in the back-yard. This is a few miles South of the capital and is called the Achillion. I think the only statue of any artistic value at all is the Dying Achilles. A few years after Liz was assassinated in Geneva, Kaiser Wilhelm bought the palace in 1905. Today it is a museum by day and a casino by night.

To get to the old fort you must cross the Esplanade which is a large expanse of parkland first cleared to provide a decent field of fire for the guns of the fortress. Around the edges you will find the Liston which is an arcade modelled on the Rue de Rivoli in Paris and also the Palace of St. Michael and St. George originally built by the English as a residence for the High Commissioner. Part of this now houses the Museum of Asiatic Art which is well worth a visit.

This is but a small fraction of what Kerkyra has to offer. To see much more you must live in the capital which has plenty of hotels and is generally quiet when you want to sleep, but you will need hired transport of some sort for your all-over tan at Mirtiotissa. Hire cars are deceptively costly and most of tourist company couriers advise against hiring motor-cycles. I went into the aspect fully and was told a variety of reasons for this — the roads are so rough that the bikes break up was the favourite. I suspect the real reason is that the bikes are not insured fully and that there has been a lot of hassle over paying for damage so therefore the tour operators don't want to get involved for the small amount of commission available.

NORTH-EAST COAST

The coast road leading North from Kerkyra runs close to the beach for many kilometres and this is where there are many small resorts similar to Ipsos. Certainly as far as Aghios Stefanos the pattern is repeated — the hotel is on one side of the main road which you cross to reach a narrow stony beach and which will be crowded, noisy and subject to traffic pollution. Satisfactory, I suppose, if you just want to windsurf but not really what we are looking for. There is scarcely any sand until you turn along the north shore but I have to say that some of the rocky inlets are very beautiful. Mr Durrell thought so anyway and built his home in one of them. The best can only be reached by boat.

NORTH COAST

I have heard it said that Corfu has 6½ beaches. 1½ of these are along the North coast. The half one is aptly nicknamed. This is at Aghios Spyridon and



You can find your own spot — if you know where to look

while it is good sand the patron saint of Corfu can easily walk the whole length of this beach in under five minutes. It is quite a long walk to the nearest bus stop and in general I would recommend leaving it to the local people who arrive in large numbers with their cars at weekends.

The other location is at Sidari and this has a good bus service and good sandy bays with tavernas and apartments nearby. Nudism has been acceptable here for many years and it is what one might term a German stronghold and has been for ten years to my knowledge.

PALEOKASTRITSA

Paleo, as everyone calls it (and which means 'old') is a highly developed tourist resort. I heard it said that in Winter there are 50 permanent residents, but in the season five hundred more come in from the farms to look after the thousands of tourists. Exaggeration no doubt, but it gives a feel to the place. It has hotels, tavernas, restaurants, gift shops by the score and the scenery is superb but for nude swimming you must go round the point in a motor boat to our base at Aghios Georgios. Some

people manage it on a pedalo-boat. I talked to several who had come over by boat, in fact the picture of the 'No Sun-tanning' sign was taken by one of them. They said that Paleo was a bit noisy at night with high power motor bikes tearing round after the discos closed at 02.00. Who knows who makes the noise? All we know is that tourists are not usually offered anything more powerful than a 50cc scooter at the hire places.

What is all this about motor cycles and rowdiness? At this stage I am as mystified as you are. I saw nothing of the sort at Aghios Georgios and so far as I am concerned it was a good little village with a good beach even if one of the tavernas left a lot to be desired with their 'set meal'. The other eating places were good. The bus service could be improved but buses only run where there is a demand for them. I don't suppose the service to Kavos next week will be any better. Ten years ago there was not even a tarmac road to the place. Well it had only three tavernas in its long, clean, sandy and almost deserted beach.

Let's find out in Part Two.





WHICH TURN-ON?

It seems that just about everything's been called an aphrodisiac at some time or another. (It means you can sell it at double the price.) But do they really work? Or are they 'all in the mind'? And when they say they make the lady itch for you, do they mean literally? By Charles O'Dooley.



Over a thousand foods, including quite ordinary items, have at some time or other been said to be sexual stimulants – from artichokes to yeast, bird's-nest soup to a sow's vulva!

Reports of the aphrodisiacal qualities of marijuana are contradictory. Many smokers attest that a mild high enhances sex in various ways; other evidence suggest that, far from being a sexual stimulant, marijuana can operate in the opposite fashion.

Accurate data on the sexual effects of mescaline (extracted from the spineless cactus) and LSD are meagre. These hallucinogenic drugs possible heighten sexual interest by reducing inhibitions or by evoking erotic hallucinations.

Damiana, in the form of a liquor made from the dried leaves of a Mexican shrub, is said to produce a local stimulation and engorgement of the sex organs when used in sufficient quantity – whatever that may be; reliable information is difficult to come by.

In oriental lore, ginseng, the pecu-



To catch this lady you'll need more than a dose of Spanish Fly!

liarily shaped root plant that looks like a divided carrot, is said to have strong powers. But as in other things it might have some sexual stimulative effect — that is, 'If you think it does, it probably will.'

There is another of class of stimulants said to have aphrodisiac qualities. As Ogden Nash put it, 'Candy is dandy, but liquor is quicker'. In the strict sense of the word, alcohol is not an aphrodisiac. As with the psychedelic-type drugs, alcohol works by releasing the inhibitions. Regardless of how it functions, in the proper dosage it can encourage an abandoned lovemaking session for those so inclined. Too much is a real 'bummer' for sex as no doubt many a man has found out from personal experience. At best, inebriation reduces sexual sensations; at worst, it makes erection for the man and orgasm for both partners difficult or impossible.

Champagne, for some people, has long enjoyed a reputation for being an elegant source of sexual titillation. I



agree with this viewpoint to some extent. On special occasions, when I have nudist friends out for the weekend we like the idea of a brunch preceded by an appropriate amount of champagne. Between the champagne and the brunch, we sandwich delectable floaty sex.

On the other hand some couples after two glasses of champagne, are ready for bed but not for sex! Knowing and understanding your personal responses to so-called stimulants is important. And also keep in mind the fact that dependence on artificial stimulation results in an eventual decrease of natural sensual and sexual feelings. Why is this so? Because the responsibility for one's state of being and doing is assigned outside of the self: 'It makes me feel that way'

The sensible outlook is that a healthy, well-balanced diet with optimal amounts of vitamins and minerals can do much more toward stimulating sexual vigour. This approach is also true in reverse: a diet that is deficient in nutritional factors and vitamins will almost invariably cause a diminution of sexual vigour.

That's all very well, you may feel, but what about the 'obvious' aphrodisiacs? Could they liberate me? How might I behave?

Looking at some of these substances, we can see that they may free a person from self-imposed restrictions or encourage sexual fantasy. Other may



Fantasy can be far stronger than artificial stimulants!



generate genital irritation, which masquerades as sexual intent.

Certainly a person whose inhibitions are down can more easily move into expression of a pseudosexy feeling. There should, however, be a detectable difference between genital irritation and genuine sexual arousal in a man or woman. Take for example the most talked about so-called aphrodisiac, ('Spanish Fly'), a cantharide, made from the blister beetle of the Mediterranean region. I doesn't make a woman 'hot'! it makes her itch inside her vagina!

Without searching far, many situations can be used to advantage as 'natural' aphrodisiacs. A bath or shower with your mate, especially coupled with a sensual massage, can work many more tricks for you both than internal or external applications of 'folk remedies'. Never underestimate too, the effect of a change of surroundings—the open air if you're usually indoors, or the carpet if sex is usually confined to bed.

Warm words of desire are a guaranteed aphrodisiac since they help to build up a strong anticipation of the events yet to come. Give yourself time!

The real question is whether or not one can turn on the sexual power of fantasy, release inhibitions, and reach a high level of awareness without drugs or aphrodisiacs or artificial stimulants of any kind. I believe that 'turn on' to be eminently possible. The key is fantasy.

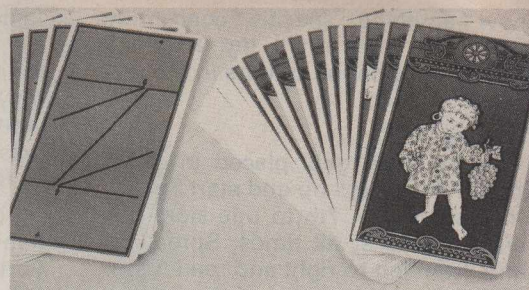
To sum it all up it boils down to this. The best aphrodisiac is a warm and receptive mate.



SHUFFLE FOR THE FUTURE



Tell your future from a pack of cards? Don't be daft! But hold on a moment...that's what Stephen P Daly said. Until the day he got his fortune read from a reader of Tarot. That changed his mind. Could you too be persuaded? After all, naturists are supposed to be more vulnerable to it all.



There are various methods of 'Fortune Telling' but using cards is one the most established and consistent. Playing cards, Tarot, descriptive character cards and the like all have a tale to tell – they go back many years, possibly from the Middle Ages. In the Occult you keep an open mind and in that way all is eventually revealed. Make your mind a bottomless vessel into which knowledge of the Universe will constantly pour!

I could take up the whole magazine talking about different cards and systems used to seek out certain questions or insights into the future, but this is for naturists who would merely like to know a little about this fascinating topic.

Naturists are a particularly sensitive breed – and I don't mean that because your body is bared to the elements, but because many of us like to be akin with nature; a part of the Universe if you like. And of course the 'Occult' is a natural extension of that; ask anyone if they want to know about the future and many *will* want to know certain things at least.

**'I didn't have much faith...humour her, I thought'
'If in doubt don't play the cards because they speak the truth'**

The most common known method of occultism is Astrology. How many times have you been asked in a sauna, or on the beach, 'What star sign are you?' I'm Libran with Sagittarius ascendant – do you know who you are?

The cards...

What got me involved in the cards happened in 1981 when a Tarot student I worked with decided to give me a reading. I didn't have much faith but simply went along...humour her I thought and she won't ask again. But what I experienced a few years later all pointed to that reading: I was going to leave my present job, get involved in an artistic flair (writing) which will bring me moderate success and will enjoy a financial fillip not enjoyed in the past.

I was told I would be going on a long trip – I did, and that my next boss would be a young dark-haired woman of good financial standing – yes, she was and rich! No, I didn't marry her. These were the highlights I remem-



'Will the man of my dreams turn up one day?

bered from the reading. There were more but I can't remember them all; you know what it's like the first time. And all this happened just over two years later in 1983. Is that something or not?

One bite of the apple leads to another...

When all this became evident I was thirsty for more knowledge and that led me to buying a book on fortune telling by ordinary playing cards and of course the classical Tarot cards we all know. These are accurate and time is needed to understand, and sometimes 'decode' the messages given. You also have to possess good mediumistic abilities, but you may not know until you try. I attempt to do one sitting per week or many more if in need of help or I have to make choices or gambles. I like to play it safe! And I get help in matters.

A chance discovery...

Having been cast under the spell of Tarot and playing cards, my fiancé and I were in Camden Town, London, one Saturday afternoon viewing antiques and the like, when I spotted a games shop. This was packed with games and indoor sports of every kind coupled with kids running around reaching up for the puppets which hung down from the ceiling and the shopkeeper chasing them out. Also tourists packed the shop, some not speaking English and others not knowing the time of day it was. I'm sure many pocket games disappeared that afternoon.

There I came across the French destiny cards called the 'Petit Cartomancien' made by Grimaud in Paris, France. 'How much is this odd little pack of cards' I said to the middle-aged woman. 'Oh, those' she said rushing over 'they are 68 pence.'

I'll take them then', eventually working our way out through the throng and into the bright warm sunlight, viewing the pack over and thinking they can't be much good for 68 pence. But what a surprise was in store for me.

Le System Francais...

The pack I was holding could fit into your hand and was an emerald green colour with a picture of a young country boy in the centre. However, upon opening the pack I was enchanted to find characters of late Eighteenth Century French folk printed on the cards depicting certain circumstances encountered. All the explanations were in French but my little knowledge helped.

After viewing over the contents I decided to give them a try: You shuffle the cards and place the 7th card to one side until you have made a pile of 12 x 7 cards. Then place the others to one side. Whilst shuffling if you want to

know anything specific concentrate hard—otherwise you'll get a general reading for a period of time in the near future.

To recap

Every 7th card gets placed in a pile. Shuffle the others up and start again — 6 cards down — 7th to one side. Concentrate fully at all times. Spread the cards from left to right and read them. I didn't take much notice of the first few readings but there after jotted down certain points. They were uncanny. I wish I'd noted the first few readings. I was told of trouble brewing — it did, small gain — true; arguments, a change of job — all happened! Even our marriage was outlined well before we ever thought of the idea. Also I've been told that we will be moving home to a better one — this I'm waiting to see!

On a more sombre note I was told three months ago of a death. I wondered if it would be in my family or my

fiancé's. I remember saying to Sylvia 'If it's not on either of our sides then it must be someone we know well; probably a friend or neighbour.' Only last week our next door neighbour died and was buried by the Friday. Coincidence or fate? Read each of the 12 cards carefully from left to right.

If in doubt...

Fortune telling appeals to many people but some are a little nervous. So, if in doubt don't play the cards because they speak the truth and sometimes that is unpalatable. But if you do press ahead make sure you note the day, date and what was mentioned; this way you can keep an account of events. Note down questions asked too. Make sure you are in a peaceful setting and concentrate fully when shuffling the cards. Then when the first reading is done pick up those 12 cards and shuffle them, cut them and place them down as follows: from left to right — 1 card for yourself, 1

for the home, 1 for the future and 1 for 'what' surprise. Leave the surprise card to your right and pick the others up and shuffle again, going through the same process *but* without placing any cards on the surprise card until the 3rd time around when one card in turn you place on yourself, the home, the future and 'what' surprise. Turn them over and read the messages remembering the last two piles i.e. the future and what surprise *will* eventually happen should the first two not. This is the way of the Petit Cartomancien.

Should you wish to use Tarot cards to give another person a reading, then it is probably best if they are allowed to do the preliminary shuffling. Ask them to concentrate on the matter they are interested in at the same time as cutting and shuffling the cards till they feel happy with them. Then you take them and continue as I have previously noted. Take note of any 'stray' thoughts that enter your head whilst you give the reading, even if they seem at variance with the general interpretation of the cards, it may be your mediumistic capabilities trying to help you.

Traditionally, Tarot cards should be given as a gift and not bought, but I've found I can rely on my purchased set.

If you would like to know more about the cards I suggest you write to: FRANCE CARTES — J.M. SIMON, 27 AV. PIERRE, 1^{er} DE SERBIE, PARIS, FRANCE, who manufacture various other types and methods of divination of Cartomancy — all with their own individual ways of depicting future events. Something the scientists can't explain is the power and influence of the Occult and supernatural.



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